



WHATSheATE



# Grilled East Coast Oysters with Corn Jalapeño Salsita



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 servings pepper black freshly ground
- ☐ 3 servings canola oil for grilling
- ☐ 4 ears of corn
- ☐ 1 jalapeno diced deveined seeded
- ☐ 3 servings kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 12 dozens oysters scrubbed

- ☐ 2 plum tomatoes sliced in half, lengthwise
- ☐ 1 onion red sliced
- ☐ 2 tablespoons balsamic vinegar white

## Equipment

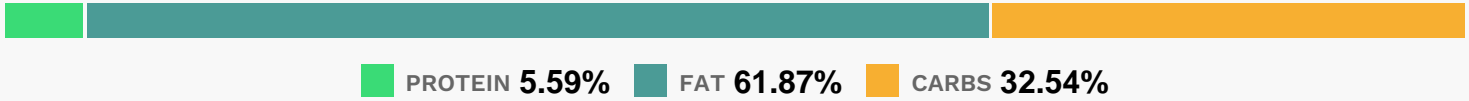
- ☐ bowl
- ☐ grill
- ☐ tongs

## Directions

- ☐ Light a fire in a charcoal or gas grill.
- ☐ Place the corn—without anything on it—on the grill grate. Grill the ears of corn, rotating the corn as needed to keep it from getting charred too much on one side, for about 7 minutes. (Don't overcook the corn, or it will become mushy!)
- ☐ Remove from heat and let cool slightly.
- ☐ Remove the kernels from the cobs and set aside.
- ☐ Meanwhile, squirt just a bit of canola oil on the tomato and onion slices.
- ☐ Sprinkle pepper on top.
- ☐ Place the onion slices on the grill.
- ☐ Add the tomatoes cut-side down on the hot grate and grill until both are nicely browned, 3 to 5 minutes. Turn the onion slices and tomatoes with tongs and continue grilling until the bottoms of the tomatoes (the rounded parts) are nicely browned and the onion becomes softer and fragrant, about 3 more minutes.
- ☐ Dice the onion and tomatoes and place in a bowl.
- ☐ Add the corn kernels and the jalapeño.
- ☐ Pour in the olive oil and vinegar and stir to combine. Season with salt. This can be done up to one day ahead of time; just bring the salsita to room temperature prior to serving.
- ☐ Place the oysters directly on the grates of the grill, close the cover, and cook until all of the oysters have opened, 4 to 5 minutes. Discard any oysters that have not opened on their own. Further open the ones that have started to open and top each one with 1 teaspoon of the corn and jalapeño salsita.

- ☐
- Serve hot.
- ☐
- From Latin Grill: Sultry and Simple Food for Red-Hot Dinners and Parties by Rafael Palomino with Arlen Gargagliano. Text copyright © 2010 by Rafael Palomino; photographs copyright © 2010 by Dan Goldberg. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:59.67, Glycemic Load:2.15, Inflammation Score:-7, Nutrition Score:12.32695646908%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 345.42kcal (17.27%), Fat: 25.19g (38.75%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 26.13g (9.5%), Sugar: 11.98g (13.31%), Cholesterol: 2.24mg (0.75%), Sodium: 222.88mg (9.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Vitamin E: 4.32mg (28.83%), Vitamin C: 22.07mg (26.75%), Vitamin K: 20.46µg (19.48%), Zinc: 2.9mg (19.35%), Manganese: 0.34mg (16.92%), Folate: 65.24µg (16.31%), Vitamin B1: 0.22mg (14.74%), Fiber: 3.68g (14.7%), Potassium: 509.21mg (14.55%), Magnesium: 55.78mg (13.94%), Phosphorus: 136.18mg (13.62%), Copper: 0.27mg (13.5%), Vitamin B3: 2.52mg (12.62%), Vitamin A: 622.76IU (12.46%), Vitamin B6: 0.21mg (10.51%), Vitamin B5: 0.97mg (9.71%), Vitamin B12: 0.49µg (8.17%), Iron: 1.22mg (6.79%), Vitamin B2: 0.09mg (5.43%), Selenium: 2.03µg (2.9%), Calcium: 22.37mg (2.24%)