



Grilled Fresh Opihi Limpet

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

Ingredients

- 6 servings butter
- 6 servings hawaiian chili pepper
- 1 cup cider vinegar
- 1 tablespoon garlic chopped
- 6 servings dozens oysters
- 1 teaspoon hawaiian sea salt
- 6 servings soya sauce
- 5 to 6 thai chiles

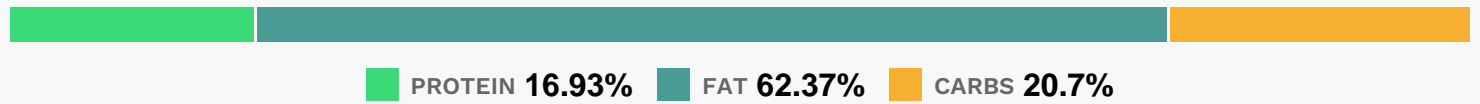
1 cup water

Equipment

Directions

- This is a Hawaiian delicacy! It's a good recipe for fresh oysters.
- Mix chiles, vinegar, water, garlic and sea salt together. Marinate oysters for about 15 minutes before grilling.
- While grilling add butter, soy sauce and cayenne pepper or Hawaiian chili pepper.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:6.3878260591756%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 68.7kcal (3.43%), Fat: 4.58g (7.04%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 2.66g (0.97%), Sugar: 0.87g (0.97%), Cholesterol: 14.15mg (4.72%), Sodium: 1437.4mg (62.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Zinc: 3.52mg (23.44%), Vitamin A: 990.48IU (19.81%), Copper: 0.29mg (14.65%), Manganese: 0.28mg (14.17%), Vitamin B12: 0.75µg (12.54%), Vitamin C: 8.01mg (9.7%), Iron: 1.11mg (6.18%), Vitamin B6: 0.11mg (5.56%), Vitamin E: 0.8mg (5.35%), Vitamin B3: 1mg (5%), Phosphorus: 45.08mg (4.51%), Potassium: 135.9mg (3.88%), Magnesium: 15.22mg (3.81%), Vitamin B2: 0.06mg (3.46%), Selenium: 2.29µg (3.27%), Fiber: 0.75g (3.01%), Vitamin K: 2.42µg (2.31%), Calcium: 19.85mg (1.98%), Folate: 6.72µg (1.68%), Vitamin B1: 0.02mg (1.59%), Vitamin B5: 0.1mg (1.02%)