



Grilled Garlic-Romano Oysters

READY IN



45 min.

SERVINGS



8

CALORIES



437 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 8 servings bread french warmed
- 1 tablespoon garlic fresh minced
- 24 dozens oysters fresh
- 0.5 cup romano cheese freshly grated
- 1 pound butter unsalted

Equipment

- sauce pan

grill

Directions

- Melt butter in a small saucepan over medium–high heat until butter turns clear; skim foam from top. Reduce heat to low, and stir in garlic. Cook 1 minute, and remove from heat.
- Shuck oysters, keeping as much of the oyster liquor in place as possible. (For video on how to shuck an oyster, visit our sister site myrecipes.com.)
- Sprinkle each oyster with 1 teaspoon cheese. Grill over high heat 3 minutes or until cheese browns.
- Drizzle each oyster with 1 to 2 teaspoons butter mixture, and grill 1 to 3 minutes.
- Remove from heat, and sprinkle with pepper.
- Serve immediately with bread and remaining butter on the side.

Nutrition Facts

PROTEIN 2.59% **FAT 96.24%** **CARBS 1.17%**

Properties

Glycemic Index:21.19, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:4.8217391423557%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 437.39kcal (21.87%), Fat: 47.78g (73.5%), Saturated Fat: 30.22g (188.89%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.16g (0.18%), Cholesterol: 130.08mg (43.36%), Sodium: 91.02mg (3.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin A: 1445.47IU (28.91%), Zinc: 1.89mg (12.58%), Vitamin E: 1.37mg (9.13%), Vitamin B12: 0.53µg (8.9%), Calcium: 85.47mg (8.55%), Copper: 0.14mg (6.86%), Phosphorus: 67.96mg (6.8%), Vitamin D: 0.88µg (5.88%), Vitamin K: 4.38µg (4.17%), Selenium: 2.73µg (3.91%), Vitamin B2: 0.05mg (3.05%), Manganese: 0.05mg (2.69%), Iron: 0.32mg (1.79%), Magnesium: 5.24mg (1.31%), Vitamin B6: 0.02mg (1.11%), Vitamin B5: 0.11mg (1.09%), Vitamin B1: 0.02mg (1.01%)