



Grilled Oyster Shooters

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



22 kcal

SIDE DISH

Ingredients

- 0.3 cup juice of lemon fresh
- 4 servings hot sauce hot to taste
- 4 servings salt to taste
- 8 shells fresh
- 3 tablespoons worcestershire sauce

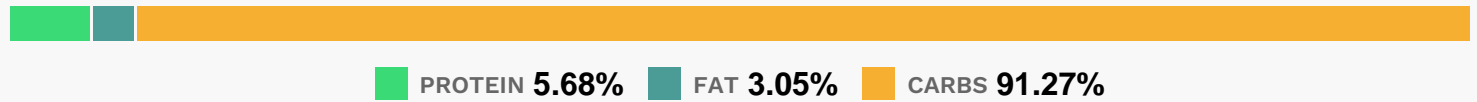
Equipment

- knife
- grill

Directions

- Preheat an outdoor grill for high heat. You may assemble your ingredients while the grill heats up.
- Place the whole oysters on the hot grill. Cook until they open, 5 to 10 minutes – you will hear the juice sizzling on the hot coals when this happens.
- Remove the oysters from the grill, and pry off the top shell. You may want to wear some heavy gloves to protect from the heat. Slide a knife between the oyster and shell to disconnect. Top each one with 2 teaspoons of lemon juice, 1 teaspoon of Worcestershire sauce, and hot pepper sauce and salt to taste.
- Serve in the shell while still warm.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:1.5108695788228%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 21.72kcal (1.09%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 5.22g (1.9%), Sugar: 1.84g (2.05%), Cholesterol: 0mg (0%), Sodium: 362.51mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 9.6mg (11.64%), Iron: 0.72mg (4%), Potassium: 127.59mg (3.65%), Selenium: 1.35µg (1.93%), Copper: 0.03mg (1.74%), Calcium: 15.41mg (1.54%), Folate: 5.45µg (1.36%), Phosphorus: 13.07mg (1.31%), Vitamin B2: 0.02mg (1.23%), Manganese: 0.02mg (1.07%), Vitamin B1: 0.02mg (1.04%)