



Grilled Oysters



Gluten Free



Popular

READY IN



45 min.

SERVINGS



16

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 live oysters whole
- ☐ 2 cloves garlic finely minced
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 3 tablespoons butter unsalted
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 teaspoon chili pepper flakes with dashes of tabasco)
- ☐ 0.3 teaspoon salt
- ☐ 16 servings cracked pepper black to taste

- ☐ 1 tablespoon parsley finely minced

Equipment

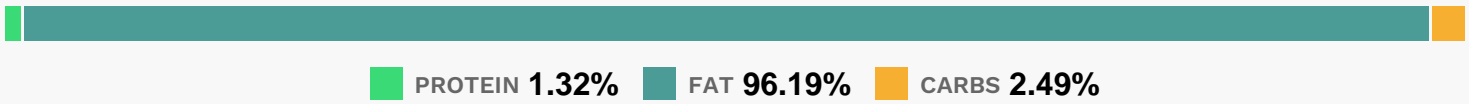
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ grill
- ☐ broiler
- ☐ spatula
- ☐ tongs
- ☐ oven mitt

Directions

- ☐ Heat a small sauce pan over medium-low heat. When hot, add the olive oil and the butter.
- ☐ Add the garlic and saute until fragrant, about 30 seconds.
- ☐ Add the lemon juice, chili pepper flakes, salt, pepper and parsley. Turn off heat.
- ☐ How to grill oysters
- ☐ If you can find large, fat oysters, you can place the oysters directly on the grill grates. It's best to wear long, sturdy BBQ gloves so you can handle the oysters by hand instead of using tongs, spoons or spatula.
- ☐ However, if the oysters are small and flat, you'll run the risk of spilling its valuable, flavorful juices as well as the garlic-butter sauce.
- ☐ You can do what I've done, which is to place the oysters on a bed of rock salt or rice in a small pan -- and then placing the entire pan inside the grill or under a broiler. This steadies the oysters and prevents them from wobbling.
- ☐ If you are a shuckmeister
- ☐ Shuck the oysters, spoon a little sauce in each oyster.
- ☐ Place oysters on a very hot, preheated grill, cover and cook for 5-6 minutes or until the edges of oysters curl slightly.
- ☐ If you can't shuck

- ☐
- Place the oysters, cup side up on a very hot, preheated grill, cover and cook for 1 minute. The oysters should now be slightly open. Quickly remove the oysters.
- ☐
- Hold an oyster with an oven mitt and use a shucking knife (or a clean screwdriver if you don't have one) to pry open the oyster. It should easily open.
- ☐
- Spoon sauce into each oyster and return oysters to the grill. Cover and grill 4–5 minutes.

Nutrition Facts



Properties

Glycemic Index:8.69, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.0630434838974%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 43.77kcal (2.19%), Fat: 4.79g (7.36%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.23g (0.09%), Sugar: 0.03g (0.04%), Cholesterol: 6.2mg (2.07%), Sodium: 38.11mg (1.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin K: 6.07µg (5.78%), Zinc: 0.56mg (3.74%), Vitamin E: 0.46mg (3.04%), Copper: 0.04mg (2.18%), Vitamin B12: 0.13µg (2.12%), Vitamin A: 89.36IU (1.79%), Manganese: 0.02mg (1.2%)