



Grilled Oysters

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 optional: lemon quartered
- 24 dozens oysters scrubbed

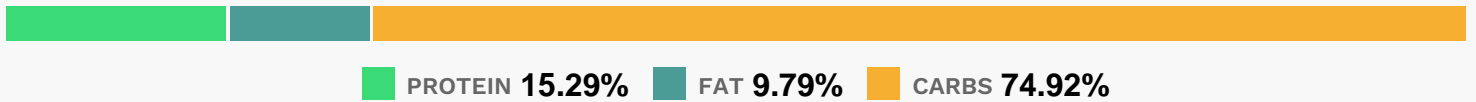
Equipment

- knife
- grill

Directions

- Preheat a charcoal grill or a gas grill to medium high.
- Place oysters cup side down on grill. Cover grill and cook until first oyster opens, about 8 minutes.
- Carefully remove oysters from grill, keeping cup side down. Use a pairing knife to pry oysters open.
- Sprinkle open oysters with lemon juice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:3.3126086646124%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 13.3kcal (0.66%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 2.5g (0.91%), Sugar: 0.93g (1.04%), Cholesterol: 2.24mg (0.75%), Sodium: 5.48mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin C: 19.08mg (23.13%), Zinc: 2.22mg (14.82%), Copper: 0.17mg (8.67%), Vitamin B12: 0.49µg (8.17%), Fiber: 1.01g (4.03%), Iron: 0.47mg (2.63%), Selenium: 1.25µg (1.78%), Potassium: 58.42mg (1.67%), Vitamin B6: 0.03mg (1.53%), Manganese: 0.03mg (1.37%), Calcium: 12.66mg (1.27%), Phosphorus: 11.19mg (1.12%), Folate: 4.35µg (1.09%), Vitamin B1: 0.02mg (1.03%)