



HEALTH SCORE

73%

Grilled Oysters with Chipotle Glaze



Gluten Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



3325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 chipotles in adobo canned minced
- ☐ 1 teaspoon cilantro leaves minced
- ☐ 24 24 farm-raised oysters on the half-shell
- ☐ 1 teaspoon sea salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest fresh minced
- ☐ 2 tablespoons mayonnaise

- ☐ 2 tablespoons olive oil
- ☐ 2 cups rock salt for lining platter
- ☐ 1 tablespoon tequila
- ☐ 4 tablespoons butter unsalted softened

Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ kitchen towels
- ☐ tongs

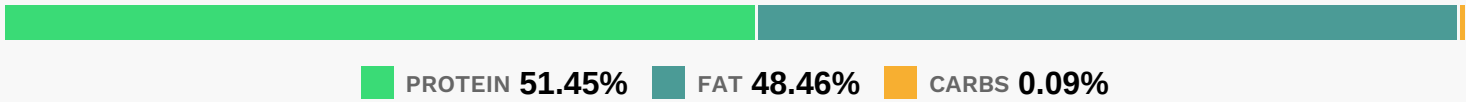
Directions

- ☐ Whisk 2 tbsp. lime juice with olive oil, tequila, cilantro, 1/2 tsp. salt, and the pepper in a bowl.
- ☐ Add oysters and their juices, reserving bottom shells. Chill oysters 30 to 45 minutes and then drain, reserving about 1 1/2 cups marinade.
- ☐ Meanwhile, soak shells in water for 30 minutes.
- ☐ Drain on a kitchen towel and pat dry. Preheat gas or charcoal grill to very hot (you can hold your hand 1 to 2 in. above the grill only 1 to 2 seconds).
- ☐ In a small bowl, whisk together butter, mayonnaise, chile and sauce, lime zest, remaining 2 tsp. lime juice, and remaining 1/2 tsp. salt. Set glaze aside.
- ☐ Spread rock salt over the bottom of a platter large enough to hold oysters in a single layer. Arrange oyster shells on a large baking pan and spray insides lightly with cooking spray.
- ☐ Position half of the shells on the grill (place between the bars so they won't roll over).
- ☐ Heat shells 30 seconds. Spoon 1 oyster into each shell with 1 tbsp. marinade and cook (close lid on gas grill) until juices are bubbling, 2 to 3 minutes.
- ☐ Drizzle a teaspoon of glaze onto each oyster and cook 30 seconds more. Using tongs, carefully transfer oysters to platter and nestle them into the salt. Grill remaining oysters the same way.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:0.02, Inflammation Score:-9, Nutrition Score:61.960000074428%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 3324.68kcal (166.23%), Fat: 172.18g (264.89%), Saturated Fat: 39.86g (249.12%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.22g (0.24%), Cholesterol: 1501.52mg (500.51%), Sodium: 31253.23mg (1358.84%), Alcohol: 0.63g (100%), Alcohol %: 0.03% (100%), Protein: 411.33g (822.65%), Vitamin B12: 77.78µg (1296.27%), Phosphorus: 5511.17mg (551.12%), Selenium: 221.63µg (316.62%), Vitamin B3: 56.84mg (284.22%), Potassium: 8167.89mg (233.37%), Vitamin B6: 4.16mg (208.01%), Vitamin B5: 18.11mg (181.1%), Vitamin E: 22.66mg (151.07%), Vitamin B2: 2.24mg (132.05%), Magnesium: 514.34mg (128.58%), Zinc: 13.05mg (87%), Folate: 270.8µg (67.7%), Vitamin K: 65.17µg (62.06%), Copper: 0.89mg (44.52%), Vitamin D: 5.51µg (36.75%), Iron: 6.54mg (36.33%), Vitamin B1: 0.54mg (36.13%), Manganese: 0.49mg (24.42%), Calcium: 236.59mg (23.66%), Vitamin A: 207.48IU (4.15%), Vitamin C: 1.2mg (1.46%)