



Grilled Oysters with Fra Diavolo Sauce



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 large beefsteak tomatoes very ripe halved seeded coarsely chopped
- ☐ 2 tablespoons canola oil
- ☐ 3 tablespoons flat-leaf parsley fresh chopped for garnish
- ☐ 3 cloves garlic smashed
- ☐ 2 teaspoons honey
- ☐ 2 cups kosher salt for serving
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons oregano fresh chopped

- ☐ 20 dozens oysters blue such as point or gulf coast medium to large
- ☐ 0.3 teaspoon chile flakes red if you prefer it really spicy
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 shallots thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a medium saute pan over medium heat.
- ☐ Add the tomatoes, garlic and shallots and cook, stirring occasionally, until softened and juicy, but with no color, about 5 minutes.
- ☐ Transfer the mixture to a blender, add a few tablespoons olive oil, the parsley, vinegar, honey, oregano and red pepper flakes and blend until slightly chunky; season with salt and pepper. If too thick, pulse in a bit more olive oil.
- ☐ Transfer the sauce to a bowl. (Can be made 1 hour before and kept at room temperature.)
- ☐ Preheat the grill for high direct heat.
- ☐ Remove the top shells of the oysters. Loosen the oysters from the bottom shells but do not remove, taking care not to spill the liquor.
- ☐ Put the oysters on the grill, cover and cook just until the edges start to curl, about 1 minute.
- ☐ Meanwhile, wet the kosher salt with water just until it clumps together. Spoon little mounds of salt onto a large platter.
- ☐ Place a cooked oyster on each salt bed and top each with some vinaigrette. Scatter the parsley leaves over the platter and serve.

Nutrition Facts



 **PROTEIN 4.88%**  **FAT 70.31%**  **CARBS 24.81%**

Properties

Glycemic Index:54.82, Glycemic Load:4.88, Inflammation Score:-10, Nutrition Score:18.783043498578%

Flavonoids

Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg, Naringenin: 1.73mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 259.44kcal (12.97%), Fat: 21.24g (32.68%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 12.76g (4.64%), Sugar: 10.71g (11.9%), Cholesterol: 2.8mg (0.93%), Sodium: 56612.27mg (2461.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin K: 89.18µg (84.94%), Vitamin C: 40.71mg (49.34%), Vitamin A: 2435.27IU (48.71%), Vitamin E: 4.87mg (32.44%), Manganese: 0.61mg (30.37%), Zinc: 3.48mg (23.21%), Copper: 0.43mg (21.38%), Potassium: 715.59mg (20.45%), Fiber: 4.11g (16.43%), Vitamin B6: 0.29mg (14.7%), Iron: 2.39mg (13.28%), Folate: 50.11µg (12.53%), Vitamin B12: 0.61µg (10.21%), Magnesium: 38.88mg (9.72%), Calcium: 95.13mg (9.51%), Vitamin B3: 1.73mg (8.63%), Phosphorus: 83.43mg (8.34%), Vitamin B1: 0.11mg (7.49%), Vitamin B2: 0.07mg (4.15%), Vitamin B5: 0.32mg (3.18%), Selenium: 2.1µg (3%)