



## Grilled Oysters with Tabasco-Leek Butter



Gluten Free

READY IN

ready

35 min.

SERVINGS

servings

1

CALORIES

calories

683 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 large garlic clove minced
- ☐ 1 medium leek white green very thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 24 oysters on the half shell
- ☐ 1 serving salt
- ☐ 1 teaspoon sherry vinegar
- ☐ 0.5 tablespoon tabasco
- ☐ 6 tablespoons butter unsalted

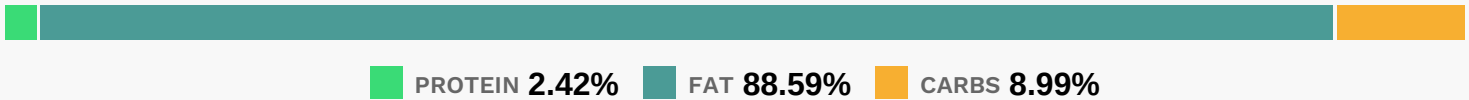
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

# Directions

- ☐ In a skillet, melt 2 tablespoons of the butter.
- ☐ Add the leek and cook over moderate heat, stirring, until softened and lightly browned, 8 minutes. Stir in the vinegar, transfer to a bowl and let cool. Stir in the garlic, lemon juice and Tabasco. Soften the remaining 4 tablespoons of butter and combine thoroughly with the leek mixture. Season with salt.
- ☐ Light a grill.
- ☐ Place a dollop of leek butter on each oyster. Grill the oysters over high heat until just cooked through and the butter is melted, about 1 minute.
- ☐ Serve right away.

# Nutrition Facts



# Properties

Glycemic Index:62, Glycemic Load:3.81, Inflammation Score:-9, Nutrition Score:22.694782568061%

# Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

# Nutrients (% of daily need)

Calories: 683.14kcal (34.16%), Fat: 69.05g (106.23%), Saturated Fat: 43.36g (270.98%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 14.03g (5.1%), Sugar: 4.22g (4.69%), Cholesterol: 194.04mg (64.68%), Sodium: 422.24mg (18.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Zinc: 13.44mg (89.59%),

Vitamin A: 3609.27IU (72.19%), Copper: 1.1mg (54.75%), Vitamin B12: 3.08µg (51.38%), Vitamin K: 48.25µg (45.96%), Manganese: 0.59mg (29.44%), Vitamin C: 22.31mg (27.04%), Vitamin E: 3.09mg (20.57%), Iron: 3.55mg (19.74%), Folate: 65.31µg (16.33%), Vitamin B6: 0.27mg (13.73%), Selenium: 8.79µg (12.56%), Calcium: 99.76mg (9.98%), Phosphorus: 90.81mg (9.08%), Magnesium: 34.83mg (8.71%), Vitamin D: 1.26µg (8.4%), Potassium: 271.61mg (7.76%), Fiber: 1.73g (6.92%), Vitamin B2: 0.1mg (5.67%), Vitamin B1: 0.08mg (5.04%), Vitamin B3: 0.75mg (3.77%), Vitamin B5: 0.34mg (3.37%)