



Love Bites (Fried Oysters)

READY IN



20 min.

SERVINGS



2

CALORIES



372 kcal

SIDE DISH

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 chipotle chile in adobo
- ☐ 0.3 cup flour all-purpose
- ☐ 2 servings juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 4 small yummy oysters
- ☐ 2 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 tablespoons spicy pickles diced
- ☐ 2 tablespoons pomegranate seeds

☐ 4 pieces sea urchin uni

Equipment

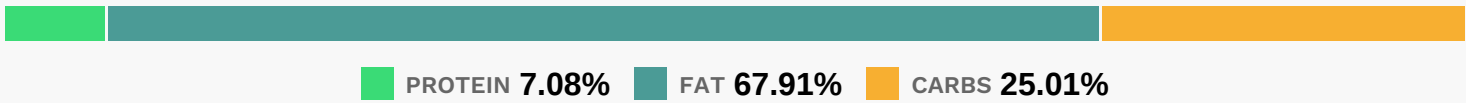
☐ paper towels

☐ sauce pan

Directions

- ☐ Crack open the oysters, reserve the meat and rinse and dry the shells.
- ☐ Heat some oil in a saucepan to 350 degrees F.
- ☐ Toss the oysters in the flour and remove. Make a batter with buttermilk and the flour. Batter the oysters and fry them until golden.
- ☐ Drain on paper towels.
- ☐ Make the chipotle mayo by blending the chipotle with the mayo until you have a sauce that's just a little spicy.
- ☐ To serve, arrange a little mayo in a shell and top with 1 fried oyster, a little uni, a little pickle, then top with a couple of pomegranate seeds, a drop of two of lemon juice and serve.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:111.5, Glycemic Load:12, Inflammation Score:-4, Nutrition Score:11.355217498282%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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 Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 372.32kcal (18.62%), Fat: 28.24g (43.44%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 21.43g (7.79%), Sugar: 9.2g (10.22%), Cholesterol: 27.68mg (9.23%), Sodium: 428.02mg (18.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.25%), Vitamin K: 51.04µg (48.61%), Vitamin B2: 0.31mg (18.27%), Selenium: 11.75µg (16.79%), Calcium: 154.92mg (15.49%), Vitamin B12: 0.91µg (15.12%), Phosphorus: 140.4mg (14.04%), Vitamin B1: 0.2mg (13.66%), Zinc: 1.79mg (11.95%), Folate: 46.25µg (11.56%), Vitamin D: 1.62µg (10.77%), Vitamin E: 1.61mg (10.7%), Vitamin C: 7.65mg (9.27%), Copper: 0.17mg (8.42%), Fiber: 1.96g (7.86%), Potassium: 261.22mg (7.46%), Manganese: 0.15mg (7.43%), Iron: 1.24mg (6.88%), Vitamin B5: 0.68mg (6.77%), Vitamin B3: 1.17mg (5.86%), Magnesium: 20.76mg (5.19%), Vitamin A: 247.57IU (4.95%), Vitamin B6: 0.08mg (4.12%)