



## Marvel's Japanese Fried Oysters (Kaki Fuh-rai) with Lemony Tartar Sauce

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



437 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups canola oil
- 0.1 teaspoon ground pepper
- 0.3 dill pickles minced seeded
- 1 eggs beaten
- 6 servings pepper black to taste
- 0.5 juice of lemon juiced
- 1 cup mayonnaise

- 1 cup panko bread crumbs (Japanese bread crumbs)

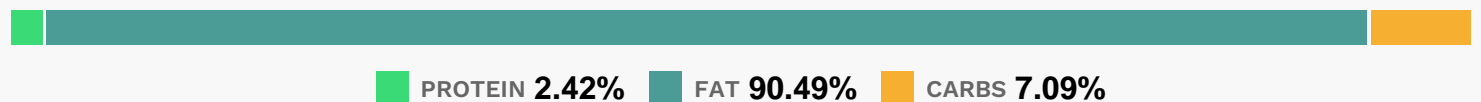
## Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- oven
- kitchen thermometer

## Directions

- Preheat oven to 250 degrees F (120 degrees C).
- Make a tartar sauce by stirring the mayonnaise, lemon juice, lemon zest, dill pickle, and 1/4 teaspoon cayenne pepper together in a small bowl until thoroughly combined; set aside.
- Mix the panko crumbs, 1/8 teaspoon cayenne pepper, salt, and black pepper together in a shallow bowl.
- Heat the canola oil in a deep-fryer or saucepan to 360 degrees F (180 degrees C). Measure temperature with a deep frying thermometer for accuracy.
- Dip an oyster into the beaten egg, and press into panko crumbs to coat. Gently toss between your hands so any bread crumbs that haven't stuck can fall away.
- Place the breaded oysters onto a plate while breading the rest; do not stack.
- Cook the oysters, two at a time, in the hot oil until the panko is browned, about 1 minute per side.
- Transfer the fried oysters to a baking sheet lined with paper towels, and place in oven to keep warm while frying remaining oysters.
- Serve with the tartar sauce for dipping.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:6.9256523588429%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 437.12kcal (21.86%), Fat: 44.11g (67.87%), Saturated Fat: 5.82g (36.39%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.26g (2.64%), Sugar: 0.96g (1.07%), Cholesterol: 42.96mg (14.32%), Sodium: 342.62mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin K: 72.83µg (69.37%), Vitamin E: 3.94mg (26.29%), Selenium: 5.64µg (8.06%), Vitamin B1: 0.11mg (7.03%), Manganese: 0.11mg (5.59%), Vitamin B2: 0.08mg (4.91%), Folate: 16.79µg (4.2%), Phosphorus: 39.77mg (3.98%), Iron: 0.71mg (3.95%), Vitamin B3: 0.68mg (3.39%), Calcium: 27.51mg (2.75%), Vitamin B12: 0.15µg (2.42%), Vitamin B5: 0.24mg (2.38%), Fiber: 0.52g (2.08%), Copper: 0.04mg (2.02%), Zinc: 0.3mg (2.01%), Vitamin A: 86.86IU (1.74%), Vitamin B6: 0.03mg (1.55%), Magnesium: 6.13mg (1.53%), Vitamin D: 0.22µg (1.48%), Vitamin C: 1.06mg (1.28%), Potassium: 44.96mg (1.28%)