



## Matthew's Malibu Oysters

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups baby spinach
- 0.3 teaspoon cayenne pepper
- 0.3 teaspoon ground pepper white
- 6 ounces havarti cheese sliced
- 0.3 cup mayonnaise
- 2 teaspoons olive oil
- 8 large dozens oysters
- 2 tablespoons parmesan

- 1 cup fried potato sticks (recommended: Pik-Nik)
- 2 tablespoons bell pepper diced red finely
- 2 tablespoons onion diced red finely
- 8 servings rock salt for baking
- 8 servings salt and pepper black freshly ground
- 1 tablespoon citrus champagne vinegar

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- grill

## Directions

- Preheat a grill to high. Preheat the oven to 500 degrees F.
- Shuck the oysters and set aside in the refrigerator or on ice, keeping them in the shell.
- In a small bowl, combine the mayonnaise, white vinegar, Parmesan, salt and freshly ground black pepper, to taste, cayenne, and white pepper. Stir to combine, and then stir in the fried potato sticks.
- In a small saute pan, add the olive oil and heat over medium-high heat.
- Add the bell peppers and red onions and saute for 3 minutes, and then add the spinach and allow to wilt. Adjust seasoning, to taste.
- Top each oyster with the spinach mixture, dividing evenly, and then do the same with the mayo mixture. Top with the havarti and place on a baking sheet lined with a layer of rock salt. Roast in the oven until cheese is bubbly and oysters are just warmed through, 5 to 6 minutes.
- Let cool enough to handle, and then serve right away.

## Nutrition Facts



■ PROTEIN 14.98% ■ FAT 72.07% ■ CARBS 12.95%

## Properties

Glycemic Index:39.47, Glycemic Load:3.52, Inflammation Score:-6, Nutrition Score:7.8808695622112%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 174.59kcal (8.73%), Fat: 14.1g (21.69%), Saturated Fat: 5.14g (32.1%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 4.85g (1.76%), Sugar: 0.51g (0.57%), Cholesterol: 24.04mg (8.01%), Sodium: 441.22mg (19.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Vitamin K: 43.86µg (41.77%), Vitamin A: 812.43IU (16.25%), Calcium: 155.83mg (15.58%), Phosphorus: 144.33mg (14.43%), Vitamin C: 10.09mg (12.23%), Zinc: 1.57mg (10.46%), Folate: 30.16µg (7.54%), Vitamin B12: 0.44µg (7.37%), Manganese: 0.13mg (6.6%), Vitamin B6: 0.12mg (6.08%), Vitamin B2: 0.1mg (5.87%), Vitamin E: 0.78mg (5.22%), Copper: 0.1mg (5%), Potassium: 173.34mg (4.95%), Magnesium: 18.03mg (4.51%), Selenium: 2.74µg (3.92%), Fiber: 0.85g (3.41%), Iron: 0.54mg (3%), Vitamin B1: 0.04mg (2.69%), Vitamin B3: 0.39mg (1.94%), Vitamin B5: 0.19mg (1.9%)