



Morro Bay Pacific Gold Oysters with Melons and Cucumber Water



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cantaloupe diced finely
- ☐ 5 servings cilantro leaves for garnish
- ☐ 12 slices cucumber english thick peeled chopped
- ☐ 0.3 cup wedges honeydew melon diced finely
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon serrano chiles minced
- ☐ 12 dozens oysters with deep cups

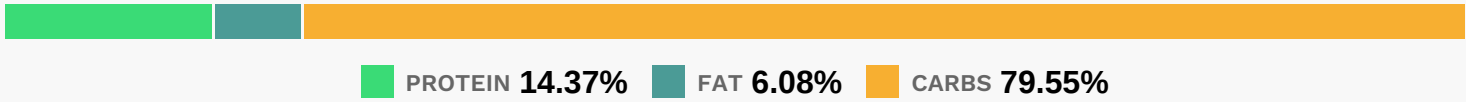
Equipment

☐ blender

Directions

- ☐ Chill the finely diced melons. Put cucumber, lemon juice, chile, and 2 tbsp. water in a blender and pure. Strain and chill for at least 1 hour and up to 1 day.
- ☐ Tip out most but not all of the liquor from each oyster and nestle each into a cucumber round. Spoon some diced melon on top and some cucumber water. Top with cilantro.

Nutrition Facts



Properties

Glycemic Index:19.9, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:7.665217321852%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 45.43kcal (2.27%), Fat: 0.36g (0.56%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 9.33g (3.39%), Sugar: 5.56g (6.18%), Cholesterol: 1.34mg (0.45%), Sodium: 11.85mg (0.52%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.94g (3.87%), Vitamin K: 41.75µg (39.76%), Zinc: 1.86mg (12.43%), Vitamin C: 10.24mg (12.41%), Potassium: 406.98mg (11.63%), Vitamin A: 546.17IU (10.92%), Manganese: 0.21mg (10.68%), Copper: 0.21mg (10.4%), Magnesium: 35.11mg (8.78%), Vitamin B5: 0.68mg (6.79%), Phosphorus: 65.71mg (6.57%), Vitamin B6: 0.11mg (5.66%), Fiber: 1.39g (5.57%), Vitamin B2: 0.09mg (5.24%), Folate: 20.93µg (5.23%), Vitamin B1: 0.08mg (5.05%), Iron: 0.9mg (5.02%), Vitamin B12: 0.29µg (4.9%), Calcium: 43.35mg (4.33%), Selenium: 1.61µg (2.3%), Vitamin B3: 0.37mg (1.86%)