



Oyster Sauté in Asian Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 celery ribs sliced
- ☐ 4 servings rice hot cooked
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 tablespoon cooking sherry dry
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 6 garlic cloves minced
- ☐ 0.5 bell pepper green cut into thin strips (1/2 cup)

- ☐ 3 green onions chopped
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 teaspoon lemon grass chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 small onion sliced
- ☐ 1 tablespoon oyster sauce
- ☐ 24 ounce dozens oysters fresh drained
- ☐ 0.5 bell pepper red cut into thin strips (1/2 cup)
- ☐ 1 tablespoon soya sauce
- ☐ 4 cups water

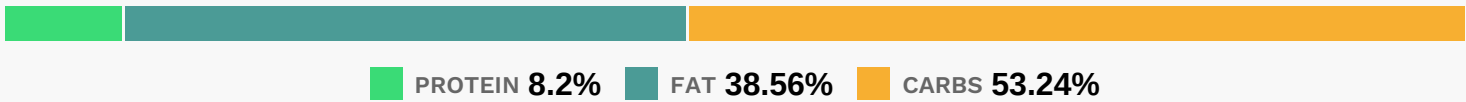
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring 4 cups water to a boil in a large Dutch oven.
- ☐ Add oysters; cook 3 minutes.
- ☐ Drain oysters, and set aside.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add garlic, onion, and lemon grass; saut 2 minutes. Stir in celery and next 8 ingredients; reduce to medium heat, and cook 6 minutes or until peppers are tender. Stir in oysters, green onions, and cilantro; cook 1 minute or until thoroughly heated.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:25.12, Inflammation Score:-7, Nutrition Score:13.902173954508%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 233.9kcal (11.7%), Fat: 9.98g (15.35%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 29.28g (10.65%), Sugar: 3.42g (3.8%), Cholesterol: 21.97mg (7.32%), Sodium: 516.93mg (22.48%), Alcohol: 0.39g (100%), Alcohol %: 0.12% (100%), Protein: 4.77g (9.54%), Zinc: 7.33mg (48.84%), Vitamin C: 36.47mg (44.21%), Copper: 0.64mg (31.94%), Manganese: 0.63mg (31.27%), Vitamin B12: 1.52µg (25.31%), Vitamin K: 22.67µg (21.59%), Vitamin A: 809.81IU (16.2%), Selenium: 10.46µg (14.95%), Vitamin B6: 0.25mg (12.75%), Phosphorus: 84.3mg (8.43%), Iron: 1.5mg (8.32%), Fiber: 1.71g (6.84%), Magnesium: 26.86mg (6.71%), Folate: 25.23µg (6.31%), Potassium: 211.21mg (6.03%), Vitamin B3: 1.1mg (5.5%), Calcium: 53.03mg (5.3%), Vitamin E: 0.76mg (5.05%), Vitamin B2: 0.09mg (5.02%), Vitamin B5: 0.5mg (5.02%), Vitamin B1: 0.06mg (4.16%)