



Oysters on the Half Shell with Chile, Cilantro, and Meyer Lemon Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



7 min.

SERVINGS



7

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves finely chopped
- ☐ 0.3 cup meyer lemon juice fresh
- ☐ 24 oysters on the half-shell
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 tsp sea salt fine

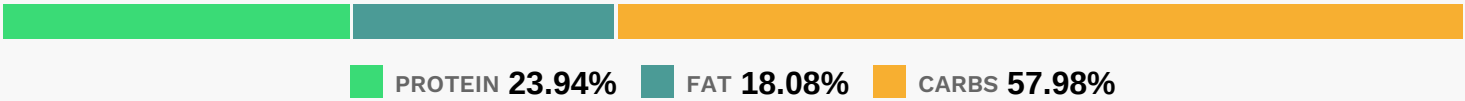
Equipment

- ☐ bowl

Directions

- ☐ Mix all salsa ingredients in a bowl and chill, covered, until cold (and up to 6 hours). Season with more salt.
- ☐ Serve with oysters.

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7060869468943%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 5.21kcal (0.26%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.25g (0.28%), Cholesterol: 1.92mg (0.64%), Sodium: 87.62mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Zinc: 1.89mg (12.62%), Vitamin B12: 0.42µg (7%), Copper: 0.14mg (6.97%), Vitamin C: 3.42mg (4.15%), Iron: 0.25mg (1.39%), Selenium: 0.96µg (1.37%)