



Oysters on the Half Shell with Cucumber-Sake Mignonette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cucumber english minced peeled
- ☐ 0.3 cup rice wine vinegar
- ☐ 2 tablespoons sake (rice wine)
- ☐ 0.1 teaspoon sea salt
- ☐ 0.5 teaspoon shallots minced
- ☐ 16 shucked oysters

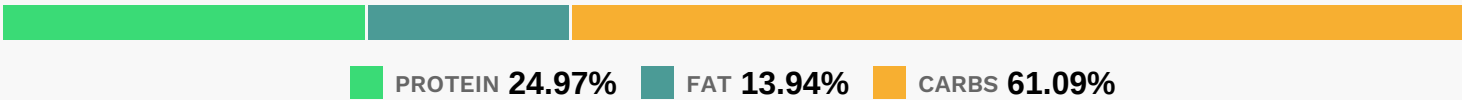
Equipment

☐ bowl

Directions

☐ Combine first 6 ingredients in a small bowl; stir gently. Chill 15 minutes. Spoon 1 1/2 teaspoons cucumber mixture over each oyster.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.0373912997868%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 9.11kcal (0.46%), Fat: 0.06g (0.09%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.14g (0.15%), Cholesterol: 1.12mg (0.37%), Sodium: 39.11mg (1.7%), Alcohol: 0.6g (100%), Alcohol %: 3.59% (100%), Protein: 0.23g (0.46%), Zinc: 1.12mg (7.44%), Copper: 0.08mg (4.23%), Vitamin B12: 0.25µg (4.08%), Manganese: 0.03mg (1.31%), Vitamin K: 1.2µg (1.14%)