



## Oysters on the Half-Shell with Grilled Garden Salsa

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 7 oz artichoke hearts jarred chopped
- 0.5 pepper flakes red
- 2 to 5 chilies red
- 1 teaspoon thyme sprigs fresh chopped
- 0.8 pound onion whole unpeeled
- 0.5 teaspoon oregano fresh chopped
- 24 dozens oysters

- 2 cups fries red for at least 20 minutes (or 3 oak or pecan chunks)
- 0.5 tsp sea salt
- 0.3 cup vinegar white
- 0.8 pound tomatoes whole unpeeled

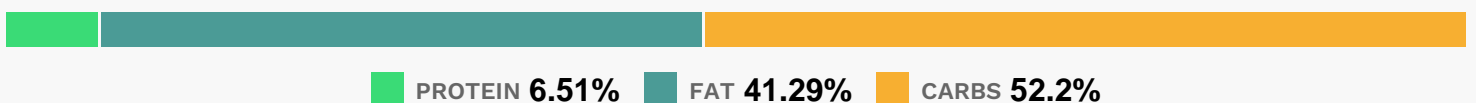
## Equipment

- food processor
- frying pan
- pot
- grill
- aluminum foil

## Directions

- Prepare a grill for medium heat (350 to 450). If using charcoal, add chips or wood chunks evenly over coals. If using gas, put chips or chunks in a shallow foil pan set on burner in corner of grill. Grill chiles, tomatoes, and onions, turning often, until skins blacken all over, 15 to 20 minutes.
- Let vegetables cool, then peel. Stem and seed chiles. Chop vegetables and put in a medium pot with artichokes, herbs, purslane, vinegar, and 1/2 tsp. salt; bring to a boil, then cover and cook over low heat, stirring occasionally, until onions soften, 20 to 30 minutes.
- Remove from heat; let sit 1 hour, covered, so flavors can marry.
- Pure roughly in a food processor, thinning with hot water to make it pourable.
- Let cool and season with salt to taste.
- Serve with oysters.
- \*Find red oak chips online from Susie Q's Brand ([susieqbrand.com](http://susieqbrand.com)).

## Nutrition Facts



## Properties

Glycemic Index:39.92, Glycemic Load:11.55, Inflammation Score:-7, Nutrition Score:8.9630434824073%

## Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

## Nutrients (% of daily need)

Calories: 193.96kcal (9.7%), Fat: 9.11g (14.02%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 21.34g (7.76%), Sugar: 3.89g (4.32%), Cholesterol: 1.68mg (0.56%), Sodium: 535.63mg (23.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin C: 33.31mg (40.38%), Fiber: 4.58g (18.3%), Manganese: 0.29mg (14.58%), Zinc: 2.04mg (13.57%), Potassium: 472.32mg (13.49%), Vitamin B6: 0.27mg (13.31%), Vitamin A: 504.8IU (10.1%), Copper: 0.2mg (10.08%), Vitamin B3: 1.85mg (9.26%), Phosphorus: 78.97mg (7.9%), Iron: 1.42mg (7.87%), Folate: 31.41µg (7.85%), Vitamin B12: 0.37µg (6.13%), Magnesium: 24.39mg (6.1%), Vitamin B1: 0.09mg (6.02%), Vitamin K: 6.32µg (6.02%), Vitamin B5: 0.45mg (4.49%), Vitamin B2: 0.06mg (3.27%), Calcium: 27.38mg (2.74%), Vitamin E: 0.39mg (2.62%), Selenium: 1.45µg (2.07%)