



Oysters on the Half Shell with Pickled-ginger Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cucumber diced peeled seeded
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 cup jicama diced peeled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 24 dozens oysters fresh
- ☐ 3 tablespoons pickled ginger chopped

- ☐ 0.3 cup onion diced red finely
- ☐ 0.3 teaspoon sea salt
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 1 teaspoon sesame seed toasted
- ☐ 0.3 teaspoon sugar

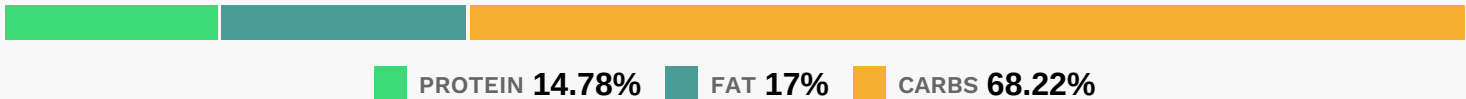
Equipment

- ☐ knife
- ☐ mixing bowl

Directions

- ☐ Combine first 11 ingredients in a large mixing bowl. Cover and refrigerate until ready to serve.
- ☐ Shuck each oyster by carefully inserting the point of an oyster knife at the hinge end of the shells and twisting. (Don't lose the juices.) Discard top shells. Free the oyster from the bottom shell by gently sliding a knife underneath it.
- ☐ Serve with Pickled-ginger Salsa.
- ☐ Chef John Recommends: A citrusy, non-oaked Sauvignon Blanc. Alternative
- ☐ Pour: A lean California brut sparkling wine.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:2.6578260660172%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 17.87kcal (0.89%), Fat: 0.35g (0.53%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.49g (0.9%), Sugar: 0.83g (0.92%), Cholesterol: 2.24mg (0.75%), Sodium: 103.38mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Zinc: 2.28mg (15.23%), Copper: 0.2mg (10.08%), Vitamin B12: 0.49µg (8.17%), Manganese: 0.07mg (3.53%), Vitamin C: 2.8mg (3.4%), Fiber: 0.63g (2.54%), Iron: 0.42mg (2.35%), Potassium: 70.06mg (2%), Selenium: 1.37µg (1.95%), Magnesium: 7.67mg (1.92%), Vitamin B6: 0.03mg (1.53%), Phosphorus: 14.55mg (1.46%), Folate: 4.62µg (1.16%), Calcium: 11.45mg (1.14%)