



Oysters on the Half Shell with Rosé Mignonette



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 servings ice cubes shaved for serving
- ☐ 24 dozens oysters
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 cup sparkling rosé
- ☐ 2 shallots minced
- ☐ 1 tablespoon citrus champagne vinegar

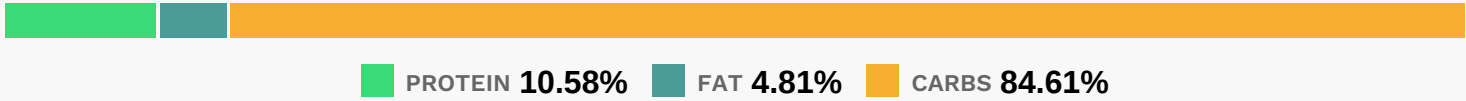
Equipment

bowl

Directions

In a bowl, combine the ros, shallots, vinegar and pepper. Arrange the oysters on a bed of ice and serve with the mignonette

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:3.8004347422849%

Nutrients (% of daily need)

Calories: 16.01kcal (0.8%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 1.69g (0.62%), Sugar: 0.58g (0.64%), Cholesterol: 1.34mg (0.45%), Sodium: 6.64mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin C: 27.46mg (33.28%), Zinc: 1.36mg (9.09%), Fiber: 1.7g (6.81%), Copper: 0.12mg (5.87%), Vitamin A: 277.86IU (5.56%), Vitamin B12: 0.29µg (4.9%), Manganese: 0.1mg (4.82%), Vitamin E: 0.4mg (2.68%), Vitamin K: 1.8µg (1.71%), Magnesium: 6.74mg (1.69%), Calcium: 16.56mg (1.66%), Iron: 0.29mg (1.63%), Potassium: 50.43mg (1.44%), Vitamin B6: 0.02mg (1.16%), Phosphorus: 10.33mg (1.03%), Selenium: 0.72µg (1.03%)