



## Oysters with Aioli

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 tablespoons almonds sliced
- 0.3 cup flour all-purpose
- 2 teaspoons garlic minced
- 2 teaspoons juice of lemon
- 0.3 cup mayonnaise
- 4 tablespoons olive oil extra-virgin
- 1.5 teaspoons paprika smoked spanish hot
- 0.5 teaspoon salt

- 2 jars pacifics dry drained (each 10 oz., or 30 total)

## Equipment

- food processor
- bowl
- frying pan
- blender

## Directions

- Stir almonds in a 6- to 8-inch frying pan over medium heat until golden, 5 to 6 minutes.
- Pour nuts into a food processor or blender. When slightly cooled, whirl to a fine powder.
- In a bowl, combine nuts, garlic, mayonnaise, lemon juice, and 1 tablespoon olive oil; mix well.
- In a plastic food bag, combine flour, paprika, and salt. Drop in oysters, a few at a time, and shake to coat. Lift from bag, shaking off excess flour mixture.
- Lay oysters slightly apart on a sheet of waxed paper. Discard extra flour.
- Place a nonstick 10- to 12-inch frying pan over high heat. When hot, add 1 1/2 tablespoons oil and swirl to coat pan.
- Add half of the coated oysters and brown well on each side, turning once, about 2 minutes total.
- Drain on towels and keep warm.
- Add remaining oil to pan and brown remaining oysters.
- Serve the oysters with the almond aioli sauce.

## Nutrition Facts



**PROTEIN 2.87%** **FAT 84.67%** **CARBS 12.46%**

## Properties

Glycemic Index:30, Glycemic Load:4, Inflammation Score:-3, Nutrition Score:4.190000007334%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 210.32kcal (10.52%), Fat: 20.04g (30.83%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 5.93g (2.16%), Sugar: 0.3g (0.34%), Cholesterol: 5.36mg (1.79%), Sodium: 273.97mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin K: 26.35µg (25.09%), Vitamin E: 2.55mg (16.99%), Manganese: 0.13mg (6.59%), Vitamin A: 254.72IU (5.09%), Vitamin B1: 0.06mg (4.33%), Vitamin B2: 0.07mg (4.29%), Selenium: 2.98µg (4.26%), Folate: 15.06µg (3.77%), Iron: 0.63mg (3.52%), Vitamin B3: 0.56mg (2.81%), Fiber: 0.7g (2.8%), Copper: 0.05mg (2.73%), Phosphorus: 25.69mg (2.57%), Magnesium: 9.71mg (2.43%), Zinc: 0.31mg (2.07%), Vitamin B6: 0.03mg (1.57%), Potassium: 46.02mg (1.31%), Calcium: 12.23mg (1.22%), Vitamin C: 0.96mg (1.17%)