



## Oysters with Apple Mignonnette



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup apple cider
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 6 medium oysters such as point blue
- ☐ 2 tablespoons bell pepper red finely chopped
- ☐ 1 tablespoon shallots finely chopped
- ☐ 3 tablespoons baking apples are apples that have a sweet-tart balance and hold their shape when finely chopped

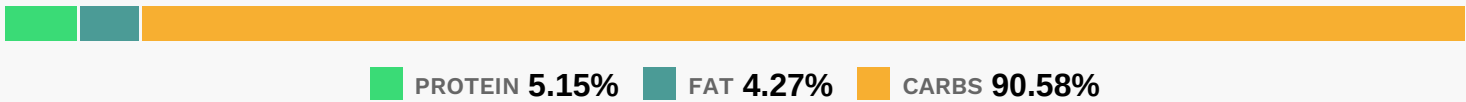
# Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ sieve

# Directions

- ☐ Scrub oysters well.
- ☐ Combine oysters and apple cider in a 2-qt. saucepan and bring to a boil. Steam oysters, covered, over moderately high heat until they just open, checking occasionally after 3 minutes and transferring to a plate as they open. (Reserve steaming liquid and discard any unopened oysters.) Chill oysters, loosely covered, until cool, about 30 minutes.
- ☐ While oysters are chilling, pour oyster steaming liquid through a paper towel-lined sieve into a bowl to remove any grit. Stir 2 tablespoons strained liquid together with remaining ingredients and salt to taste. Discard remaining strained liquid.
- ☐ Remove flat half of oyster shell and loosen oyster with a sharp knife. Put oysters in rounded half of shell. Arrange on plates and spoon sauce over oysters.
- ☐ Each serving has about 67 calories and 2 grams fat.
- ☐ Self

# Nutrition Facts



# Properties

Glycemic Index:119.38, Glycemic Load:3.88, Inflammation Score:-5, Nutrition Score:5.4973912757376%

# Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg, Epicatechin: 4.45mg

4.45mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 49.76kcal (2.49%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 10.46g (3.81%), Sugar: 8.84g (9.82%), Cholesterol: 1.68mg (0.56%), Sodium: 8.67mg (0.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin K: 34.23µg (32.6%), Vitamin C: 16.52mg (20.02%), Zinc: 1.74mg (11.61%), Vitamin A: 475.65IU (9.51%), Copper: 0.15mg (7.3%), Manganese: 0.14mg (7.13%), Vitamin B12: 0.37µg (6.13%), Fiber: 1.13g (4.54%), Potassium: 146.08mg (4.17%), Vitamin B6: 0.07mg (3.39%), Iron: 0.55mg (3.08%), Folate: 10.02µg (2.5%), Magnesium: 8.78mg (2.2%), Phosphorus: 18.22mg (1.82%), Vitamin B2: 0.03mg (1.82%), Vitamin B1: 0.03mg (1.8%), Vitamin E: 0.25mg (1.65%), Calcium: 15.42mg (1.54%), Selenium: 0.98µg (1.4%), Vitamin B3: 0.23mg (1.16%), Vitamin B5: 0.11mg (1.07%)