



Oysters with Champagne-Vinegar Mignonette

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons champagne vinegar
- ☐ 1 teaspoon parsley fresh finely chopped
- ☐ 1 small grapes diced red seedless finely
- ☐ 1 pinch pepper black
- ☐ 1.5 cups coarse salt
- ☐ 6 dozens oysters such as kumamoto or prince edward island, shells scrubbed well and oysters left on the half shell, their liquor reserved and oysters picked over for shell fragments
- ☐ 1.5 teaspoons shallots finely chopped
- ☐ 1 pinch sugar

☐ 0.5 tablespoon butter unsalted cut into 6 pieces

Equipment

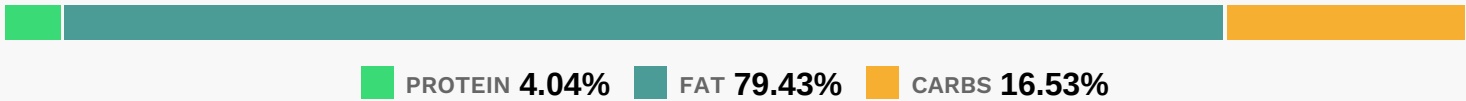
☐ baking pan

☐ broiler

Directions

- ☐ Stir together vinegar, shallot, pepper, and sugar and let stand 30 minutes.
- ☐ Preheat broiler.
- ☐ Spread 3/4 cup salt in an 8- to 10-inch flameproof shallow baking dish or pan. Arrange oysters on their shells in salt, then top each with a piece of butter.
- ☐ Broil 4 to 6 inches from heat until butter is melted and sizzling and edges of oysters are beginning to curl, 1 to 2 minutes.
- ☐ Stir parsley into mignonnette. Divide remaining 3/4 cup salt between 2 plates and arrange 3 oysters on each. Spoon 1/4 teaspoon mignonnette over each oyster and sprinkle oysters with grapes.
- ☐ Serve warm.
- ☐ Mignonnette, without parsley, can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:105.05, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:2.7491304213586%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 33.06kcal (1.65%), Fat: 2.92g (4.49%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.28g (0.47%), Sugar: 1.03g (1.15%), Cholesterol: 9.2mg (3.07%), Sodium: 84884.65mg (3690.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Zinc: 1.88mg (12.55%), Manganese: 0.25mg

(12.33%), Copper: 0.19mg (9.61%), Vitamin B12: 0.37µg (6.22%), Calcium: 57.28mg (5.73%), Iron: 0.97mg (5.42%),
Vitamin A: 95.51IU (1.91%), Selenium: 1.11µg (1.58%), Vitamin K: 1.57µg (1.49%), Potassium: 37.6mg (1.07%)