

Oysters with Champagne-Vinegar Mignonette

READY IN
SERVINGS
CALORIES

40 min.

SERVINGS
33 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

1 pinch sugar

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 fragents
1.5 teaspoons shallots finely chopped

Ш	0.5 tablespoon butter unsaited 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		
	PROTEIN 4.04% FAT 79.43% CARBS 16.53%	
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

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 %: O% (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%)