



Oysters with Red Mignonette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch kosher salt
- ☐ 2 tablespoon olive oil
- ☐ 2 tablespoon onion red minced
- ☐ 4 servings pepper flakes red crushed to taste
- ☐ 0.5 cup red wine vinegar
- ☐ 2 tablespoon sherry vinegar
- ☐ 2 teaspoon pepper white crushed finely

Equipment

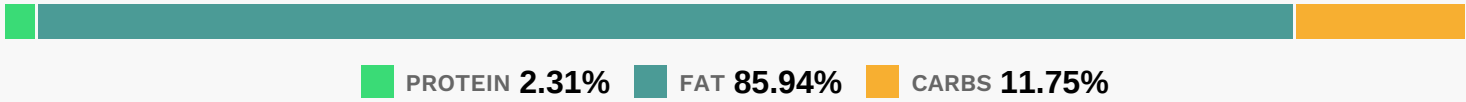
- ☐ bowl
- ☐ whisk

Directions

☐

In a small bowl, combine vinegar, olive oil, shallots, white and red pepper and salt and whisk to blend. Spoon atop oysters or serve alongside.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:2.5539130756389%

Flavonoids

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: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 79.58kcal (3.98%), Fat: 7.31g (11.25%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 45.87mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Vitamin A: 593.1IU (11.86%), Vitamin E: 1.77mg (11.81%), Vitamin K: 6.35µg (6.05%), Manganese: 0.1mg (5.03%), Fiber: 1.04g (4.17%), Iron: 0.71mg (3.93%), Vitamin B6: 0.05mg (2.44%), Potassium: 61.68mg (1.76%), Copper: 0.03mg (1.74%), Magnesium: 5.88mg (1.47%), Calcium: 12.72mg (1.27%), Vitamin B2: 0.02mg (1.26%), Phosphorus: 12.2mg (1.22%), Vitamin B3: 0.24mg (1.2%)