



## Poached Pepper-Lime Oysters



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 3 bay leaves
- ☐ 0.5 cup champagne
- ☐ 10 garlic cloves minced
- ☐ 7 teaspoons coarsely ground pepper black divided
- ☐ 0.5 cup juice of lime fresh ( 4 limes)
- ☐ 1 tablespoon olive oil
- ☐ 36 ounce standard oysters undrained
- ☐ 4 cups onion red thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup citrus champagne vinegar

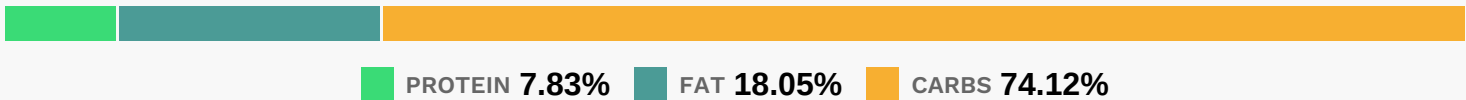
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander

## Directions

- ☐ Combine the onion, vinegar, sugar, and 1 teaspoon pepper in a medium bowl; marinate in refrigerator 1 hour.
- ☐ Drain the oysters in a colander over a bowl, reserving 1 cup oyster liquid.
- ☐ Combine reserved oyster liquid, juice, and Champagne in a large saucepan, and bring to a boil.
- ☐ Add oysters; reduce heat, and simmer 4 minutes or until the edges of oysters curl.
- ☐ Drain oysters in a colander over a bowl, reserving 1 cup cooking liquid.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; saut for 1 minute.
- ☐ Add 1 cup reserved cooking liquid, 6 teaspoons pepper, salt, and bay leaves. Bring to a boil, and cook for 30 seconds.
- ☐ Remove from heat; cool.
- ☐ Combine oysters and cooking liquid; marinate in refrigerator 30 minutes.
- ☐ Drain oysters; serve over onion mixture.

## Nutrition Facts



## Properties

Glycemic Index:26.52, Glycemic Load:10.71, Inflammation Score:-6, Nutrition Score:10.492608599041%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 21.84mg, Quercetin: 21.84mg, Quercetin: 21.84mg, Quercetin: 21.84mg

Nutrients (% of daily need)

Calories: 146.67kcal (7.33%), Fat: 2.89g (4.44%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 24.06g (8.75%), Sugar: 16.35g (18.17%), Cholesterol: 6.8mg (2.27%), Sodium: 217.37mg (9.45%), Alcohol: 1.26g (100%), Alcohol %: 0.78% (100%), Protein: 2.82g (5.63%), Zinc: 6.99mg (46.62%), Manganese: 0.59mg (29.35%), Copper: 0.58mg (29.24%), Vitamin B12: 1.49µg (24.81%), Vitamin C: 15.63mg (18.94%), Vitamin B6: 0.21mg (10.73%), Fiber: 2.6g (10.41%), Iron: 1.55mg (8.6%), Potassium: 282.55mg (8.07%), Selenium: 4.84µg (6.91%), Phosphorus: 66.19mg (6.62%), Folate: 24.31µg (6.08%), Calcium: 60.42mg (6.04%), Magnesium: 23.41mg (5.85%), Vitamin K: 6.03µg (5.74%), Vitamin B1: 0.07mg (4.65%), Vitamin E: 0.57mg (3.83%), Vitamin B2: 0.06mg (3.6%), Vitamin B5: 0.26mg (2.56%), Vitamin B3: 0.39mg (1.96%)