



Raw Oysters with Two Sauces



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 chipotle pureed canned
- ☐ 1 tablespoon cilantro leaves coarsely chopped
- ☐ 2 tablespoons cilantro leaves coarsely chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon honey
- ☐ 1.5 teaspoons honey
- ☐ 2 cups juice of lime fresh

- ☐ 3 limes
- ☐ 0.8 cup orange juice fresh
- ☐ 4 servings dozens oysters assorted
- ☐ 1 tablespoon cracked peppercorns black
- ☐ 1 cup red wine vinegar
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 cup shallots finely chopped
- ☐ 2 shallots diced finely

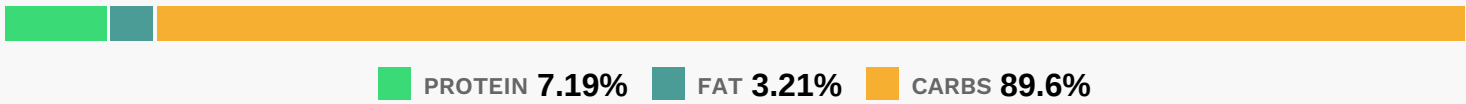
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine all ingredients together in a small bowl. Season with salt to taste. Refrigerate for 1 hour.
- ☐ For the Ginger-Lime Relish: In a medium saucepan, combine the juice, garlic, ginger and honey and bring to a boil over high heat. Reduce by half and set aside to cool. Peel the limes and julienned the zest. Separate the flesh into segments. When the syrup has cooled to room temperature, add the shallots, cilantro, lime segments, and zest. Season to taste with salt and pepper and pour into a non-reactive bowl.
- ☐ Serve at room temperature on the oysters.

Nutrition Facts



Properties

Glycemic Index:97.39, Glycemic Load:8.69, Inflammation Score:-6, Nutrition Score:12.949565244758%

Flavonoids

Eriodictyol: 2.73mg, Eriodictyol: 2.73mg, Eriodictyol: 2.73mg, Eriodictyol: 2.73mg Hesperetin: 38.02mg, Hesperetin: 38.02mg, Hesperetin: 38.02mg, Hesperetin: 38.02mg Naringenin: 3.16mg, Naringenin: 3.16mg, Naringenin: 3.16mg, Naringenin: 3.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 138kcal (6.9%), Fat: 0.55g (0.85%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 30.85g (11.22%), Sugar: 15.78g (17.53%), Cholesterol: 3.4mg (1.13%), Sodium: 408.22mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Vitamin C: 77.33mg (93.73%), Manganese: 0.52mg (26.06%), Zinc: 3.72mg (24.77%), Copper: 0.4mg (20.22%), Fiber: 3.96g (15.82%), Potassium: 465.77mg (13.31%), Vitamin B12: 0.74µg (12.4%), Vitamin B6: 0.21mg (10.7%), Iron: 1.9mg (10.57%), Folate: 40.95µg (10.24%), Magnesium: 33.11mg (8.28%), Vitamin B1: 0.11mg (7.43%), Calcium: 72.32mg (7.23%), Phosphorus: 70.59mg (7.06%), Vitamin K: 6.43µg (6.12%), Vitamin B5: 0.5mg (4.99%), Vitamin A: 217.7IU (4.35%), Selenium: 2.78µg (3.98%), Vitamin B2: 0.07mg (3.85%), Vitamin E: 0.52mg (3.45%), Vitamin B3: 0.66mg (3.28%)