



Roasted Oysters with Chipotle Butter

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 clove garlic cloves peeled roughly chopped
- ☐ 1 juice of lime
- ☐ 12 dozens oysters
- ☐ 2 servings rock salt
- ☐ 6 tablespoon butter unsalted

Equipment

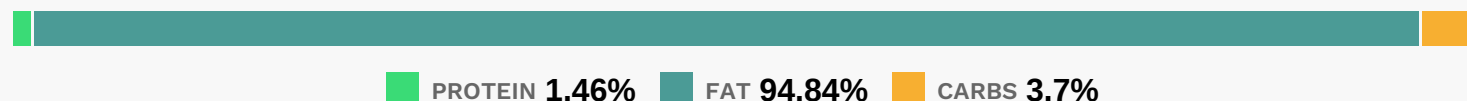
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ butter knife

Directions

- ☐ Heat the oven to 450 degrees.
- ☐ In a small skillet melt the butter. Set aside to cool slightly
- ☐ In a mini food processor or blender pur  e the garlic, chipotles, adobo lime juice until smooth.
- ☐ With the machine running drizzle in the butter slowly until emulsified.
- ☐ Transfer the mixture to a bowl.
- ☐ Pour the salt onto a baking sheet.
- ☐ Place the oysters, cup-side down, on the rock salt. Roast until the oysters begin to open, 8 to 10 minutes.
- ☐ Working over the bowl of the butter mixture (to capture the oyster liquor) remove the oysters from the oven and open them. Use a butter knife or similar tool inserted into the hinge end and pry them open with a twist. Separate the muscle at the top and the bottom. Discard the top shells.
- ☐ Mix the contents of the bowl very well. This is your chipotle butter sauce.
- ☐ Drizzle about 1 teaspoon of the chipotle butter sauce onto each oyster.
- ☐ Return them to the oven until the butter melts and the oyster plumps and firms, about 3 minutes.
- ☐ Serve immediately

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:5.2856521088144%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 315.88kcal (15.79%), Fat: 34.24g (52.68%), Saturated Fat: 21.62g (135.12%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.85g (1.04%), Sugar: 0.38g (0.42%), Cholesterol: 93.66mg (31.22%), Sodium: 206.62mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Zinc: 3.4mg (22.69%), Vitamin A: 1061.18IU (21.22%), Vitamin B12: 0.81µg (13.44%), Copper: 0.26mg (13.23%), Vitamin E: 1.08mg (7.22%), Vitamin C: 5.9mg (7.16%), Manganese: 0.1mg (5.25%), Vitamin D: 0.63µg (4.2%), Selenium: 2.73µg (3.9%), Vitamin B6: 0.07mg (3.27%), Vitamin K: 3.19µg (3.04%), Phosphorus: 27.21mg (2.72%), Iron: 0.49mg (2.71%), Calcium: 25.4mg (2.54%), Vitamin B2: 0.03mg (1.71%), Potassium: 58.82mg (1.68%), Magnesium: 4.68mg (1.17%), Vitamin B5: 0.11mg (1.1%), Vitamin B1: 0.02mg (1.09%)