



Smoked Oyster Po'Boys

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound baguette halved lengthwise
- ☐ 1 large garlic clove minced
- ☐ 1 tablespoon hot sauce
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 7.5 ounce dozens oysters smoked drained canned
- ☐ 3 inner celery ribs thinly sliced
- ☐ 6 servings salt and pepper freshly ground

☐ 12 ounce watercress thick

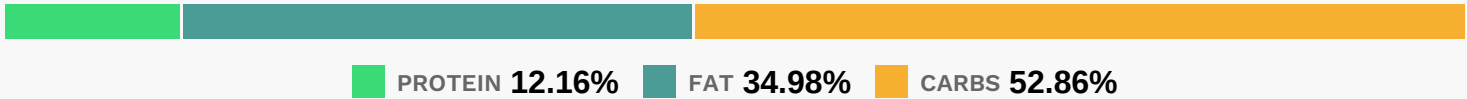
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, combine the olive oil with the lemon juice, garlic and hot sauce and season with salt and pepper.
- ☐ Add the celery and oysters and toss.
- ☐ Add the watercress and toss again. Season with salt and pepper.
- ☐ Mound the salad on the baguette, close the sandwich and press to flatten slightly, tucking in any greens.
- ☐ Cut the baguette into 6 sandwiches and serve right away.
- ☐ Wine Recommendation: A crisp California sparkling wine will provide a refreshing contrast to the briny oysters and the tangy dressing. Consider the 1998 J Brut or the 1997 Iron Horse Brut.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:25.15, Inflammation Score:-9, Nutrition Score:19.027391288591%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg

Nutrients (% of daily need)

Calories: 286.9kcal (14.35%), Fat: 11.22g (17.26%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 36.2g (13.17%), Sugar: 4g (4.44%), Cholesterol: 1.42mg (0.47%), Sodium: 746.48mg (32.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.55%), Vitamin K: 150.12µg (142.97%), Vitamin C:

30.15mg (36.55%), Vitamin A: 1823.97IU (36.48%), Vitamin B1: 0.5mg (33.09%), Manganese: 0.51mg (25.64%), Folate: 89.14µg (22.28%), Selenium: 14.3µg (20.43%), Vitamin B2: 0.32mg (18.76%), Vitamin B3: 3.6mg (18.02%), Iron: 2.97mg (16.49%), Calcium: 152.21mg (15.22%), Vitamin E: 2.14mg (14.24%), Zinc: 2.07mg (13.79%), Copper: 0.24mg (12.05%), Phosphorus: 111.57mg (11.16%), Potassium: 307.3mg (8.78%), Vitamin B6: 0.17mg (8.43%), Magnesium: 33.27mg (8.32%), Fiber: 1.95g (7.8%), Vitamin B12: 0.31µg (5.17%), Vitamin B5: 0.49mg (4.93%)