

Smoked Oysters on the Half "Shell

 **Gluten Free**

READY IN

ready

10 min.

SERVINGS

servings

10

CALORIES

calories

21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

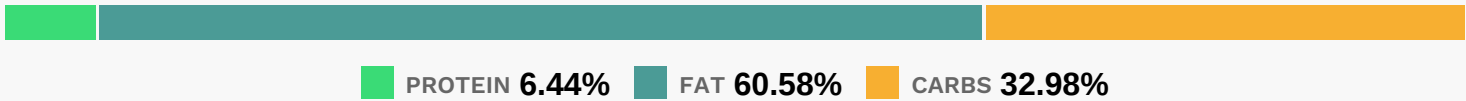
- ☐ 2 teaspoons chives chopped
- ☐ 6 oz dozens oysters smoked canned
- ☐ 25 large potato chips salted
- ☐ 5 tsp cup heavy whipping cream sour

Equipment

Directions

Lay chips on a serving plate. Top each with an oyster, cut in half if large, about 1/4 tsp. sour cream, and a sprinkle of chives.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.096086954293%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 20.85kcal (1.04%), Fat: 1.44g (2.21%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.09g (0.1%), Cholesterol: 1.86mg (0.62%), Sodium: 17.88mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Zinc: 0.71mg (4.73%), Copper: 0.06mg (2.82%), Vitamin B12: 0.15µg (2.55%), Vitamin E: 0.33mg (2.23%), Vitamin B5: 0.14mg (1.42%), Manganese: 0.03mg (1.3%), Potassium: 41.75mg (1.19%), Vitamin K: 1.14µg (1.08%)