



Smoked Oysters with Olive Relish

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

105 min.

SERVINGS

servings

6

CALORIES

calories

230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 lemon wedges
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 cups hickory wood chips

- ☐ 0.5 cup plum tomatoes peeled seeded chopped
- ☐ 24 large shucked oysters on the half shell

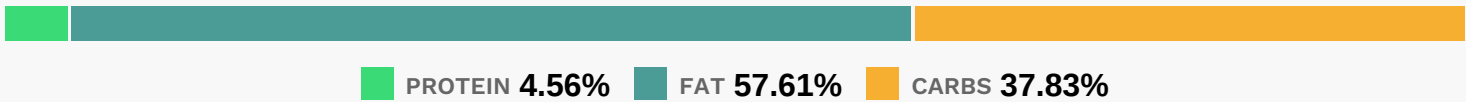
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Soak wood chips in water 1 hour; drain.
- ☐ Combine olives and the next 6 ingredients (through pepper) in a small bowl.
- ☐ Remove grill rack, and set aside. Prepare the grill for indirect grilling, heating one side to medium-high and leaving one side with no heat. Maintain temperature at 30
- ☐ Pierce bottom of a disposable aluminum foil pan several times with the tip of a knife.
- ☐ Place pan on heat element on heated side of grill; add wood chips to pan.
- ☐ Place another disposable aluminum foil pan (do not pierce pan) on unheated side of grill.
- ☐ Pour 2 cups water in pan.
- ☐ Place grill rack on grill.
- ☐ Place the oysters on grill rack over foil pan on unheated side, and close lid. Cook for 9 minutes; remove oysters from grill. Top each oyster with 1 1/2 teaspoons olive mixture; serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:38.31, Glycemic Load:10.59, Inflammation Score:-4, Nutrition Score:8.0734783462856%

Flavonoids

Eriodictyol: 7.81mg, Eriodictyol: 7.81mg, Eriodictyol: 7.81mg, Eriodictyol: 7.81mg Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg, Hesperetin: 10.41mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 229.62kcal (11.48%), Fat: 15.5g (23.85%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 18.52g (6.73%), Sugar: 1.59g (1.76%), Cholesterol: 2.24mg (0.75%), Sodium: 508.88mg (22.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin C: 26.65mg (32.31%), Fiber: 4.38g (17.52%), Zinc: 2.47mg (16.46%), Copper: 0.23mg (11.39%), Manganese: 0.21mg (10.72%), Potassium: 371.54mg (10.62%), Vitamin E: 1.33mg (8.87%), Vitamin B12: 0.49µg (8.17%), Iron: 1.45mg (8.06%), Vitamin B6: 0.16mg (7.96%), Vitamin B3: 1.58mg (7.88%), Vitamin K: 7.95µg (7.57%), Phosphorus: 62.89mg (6.29%), Folate: 21.95µg (5.49%), Vitamin A: 256.9IU (5.14%), Magnesium: 19.24mg (4.81%), Vitamin B1: 0.07mg (4.67%), Vitamin B5: 0.43mg (4.28%), Calcium: 28.46mg (2.85%), Selenium: 1.67µg (2.39%), Vitamin B2: 0.04mg (2.24%)