



Smoky Oysters



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon pickling spice
- ☐ 0.3 cup bbq relish
- ☐ 1 serving garnish: cilantro sprigs fresh
- ☐ 4 large dozens oysters
- ☐ 2 cups coarse rock salt

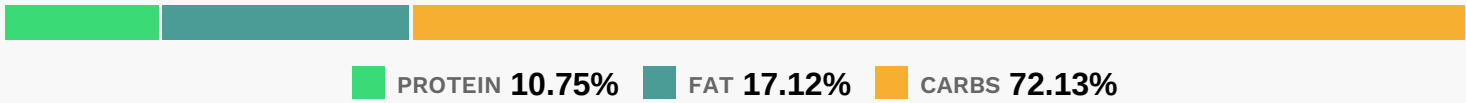
Equipment

- ☐ frying pan

Directions

- ☐ Pour rock salt into an ovenproof skillet. Shuck oysters, leaving meat in bottom shell.
- ☐ Place shells on the salt. Spoon 1 tablespoon BBQ Relish on top of each oyster. Broil oysters, 6 inches from heat, for 3 to 4 minutes or until relish begins to caramelize. For aroma and appearance, stir pickling spice into the rock salt, and serve oysters atop the mixture in the skillet or on a serving tray.
- ☐ Garnish with cilantro.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:35.014347542887%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 223.65kcal (11.18%), Fat: 5.18g (7.97%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 49.14g (16.38%), Net Carbohydrates: 36.17g (13.15%), Sugar: 2.46g (2.74%), Cholesterol: 2.24mg (0.75%), Sodium: 226371.19mg (9842.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.65%), Vitamin K: 568.67µg (541.59%), Manganese: 5.39mg (269.73%), Iron: 28.51mg (158.38%), Calcium: 968.78mg (96.88%), Fiber: 12.97g (51.88%), Vitamin B6: 0.94mg (46.85%), Copper: 0.93mg (46.39%), Magnesium: 179.29mg (44.82%), Vitamin A: 1817.48IU (36.35%), Zinc: 5.04mg (33.6%), Folate: 117.12µg (29.28%), Vitamin E: 3.53mg (23.54%), Potassium: 646.86mg (18.48%), Phosphorus: 128.51mg (12.85%), Vitamin B3: 2.5mg (12.48%), Vitamin B1: 0.18mg (12.23%), Vitamin B2: 0.2mg (11.54%), Selenium: 6.61µg (9.45%), Vitamin C: 7.46mg (9.05%), Vitamin B12: 0.49µg (8.17%), Vitamin B5: 0.15mg (1.49%)