



Southwest Fried Oysters

READY IN



20 min.

SERVINGS



6

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups buttermilk
- ☐ 1.5 teaspoons chili powder
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons garlic powder
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 teaspoons ground pepper red
- ☐ 0.5 teaspoon mustard dried
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 pints dozens oysters fresh drained

- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 6 servings vegetable oil
- ☐ 0.5 cup cornmeal yellow

Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine oysters and buttermilk in a large shallow dish or zip-top plastic freezer bag. Cover or seal and chill at least 2 hours.
- ☐ Drain oysters well.
- ☐ Combine flour and the next 9 ingredients. Dredge oysters in flour mixture, shaking off excess.
- ☐ Pour oil to a depth of 1 inch in a Dutch oven; heat to 37
- ☐ Fry oysters, in batches, 3 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Serve immediately.
- ☐ Fried Buffalo Oysters: Prepare Southwest Fried Oysters as directed, omitting the chili powder. Stir together 1/2 cup melted butter, 1/2 cup hot sauce, and 2 tablespoons fresh lemon juice.
- ☐ Pour butter mixture evenly over hot fried oysters.
- ☐ Serve oysters with Ranch dressing and celery sticks on the side.
- ☐ Fried Buffalo Oyster Po'Boys: Prepare Fried Buffalo Oysters as directed. Split 4 French bread rolls.
- ☐ Spread 1 tablespoon mayonnaise evenly on cut sides of rolls.
- ☐ Place 1/4 cup shredded iceberg lettuce and one-fourth of Buffalo Oysters on bottom halves of rolls; cover with roll tops.

Nutrition Facts



 PROTEIN **9.21%**  FAT **50.98%**  CARBS **39.81%**

Properties

Glycemic Index:49.25, Glycemic Load:18.61, Inflammation Score:-8, Nutrition Score:15.630869606267%

Nutrients (% of daily need)

Calories: 318.89kcal (15.94%), Fat: 18.26g (28.09%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 29.21g (10.62%), Sugar: 4.52g (5.02%), Cholesterol: 15.11mg (5.04%), Sodium: 306.48mg (13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Zinc: 7.18mg (47.9%), Vitamin K: 31.49µg (29.99%), Vitamin B12: 1.75µg (29.13%), Copper: 0.56mg (27.91%), Vitamin A: 1079.58IU (21.59%), Selenium: 14.5µg (20.71%), Manganese: 0.37mg (18.49%), Vitamin B2: 0.29mg (17.35%), Vitamin B1: 0.26mg (17.04%), Iron: 2.74mg (15.22%), Phosphorus: 146.8mg (14.68%), Vitamin E: 2.18mg (14.5%), Folate: 50.57µg (12.64%), Calcium: 119.99mg (12%), Fiber: 2.87g (11.46%), Vitamin B3: 2.03mg (10.14%), Vitamin B6: 0.19mg (9.36%), Magnesium: 35.6mg (8.9%), Potassium: 262.11mg (7.49%), Vitamin D: 1.04µg (6.93%), Vitamin B5: 0.56mg (5.57%)