



## Spicy Grilled Oysters with Asian Pepper Relish



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon ginger & fresh grated peeled
- ☐ 2 tablespoon lemon juice freshly squeezed
- ☐ 1 tablespoon mango chutney chopped
- ☐ 2 teaspoon parsley minced
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 tablespoon shallots minced
- ☐ 2 teaspoon soya sauce
- ☐ 3 tablespoon butter unsalted

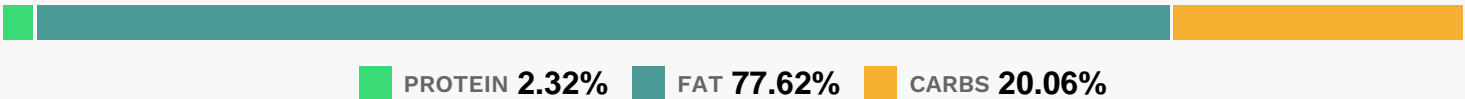
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill

## Directions

- ☐ Prepare the grill. If using a gas grill, heat it to medium. If using a charcoal grill, start the charcoal or wood briquettes; when the briquettes are ready, pile them on one side to create 2 zones, for direct and indirect heat. The oysters will be cooked over the indirect side. (if roasting, preheat oven to 450F.)In a skillet over medium heat, melt the butter with the red pepper flakes, shallot and ginger. Cook for 4 to 5 minutes until fragrant but do not brown.
- ☐ Add the minced bell pepper, mango chutney, soy sauce, lemon juice and oyster liquor. Cook until the liquid is bubbly and reduced, 3 to 4 minutes.
- ☐ Remove from heat and mix in the parsley.Spoon the mixture over the oysters; each oyster will take 1 to 3 teaspoons of topping according to size.Grill on the grates and over indirect heat, covered for 5 to 10 minutes. If using the oven, 7 to 10 minutes. The oysters are done when the edges have curled up and the topping is bubbly.
- ☐ Serve warm on a bed of kosher or rock salt to keep the juices from tipping out of the shell.

## Nutrition Facts



## Properties

Glycemic Index:12.25, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:0.46043478114449%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 32.19kcal (1.61%), Fat: 2.86g (4.41%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.97g (1.08%), Cholesterol: 7.53mg (2.51%), Sodium: 58.36mg (2.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Vitamin A: 113.76IU (2.28%), Vitamin C: 1.23mg (1.49%)