



Steamed Oysters with Chile, Ginger, and Coriander



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 small cilantro leaves
- ☐ 2 tablespoons ginger fresh peeled thinly sliced
- ☐ 2 tablespoons rice wine sweet (rice wine)
- ☐ 12 dozens oysters drained
- ☐ 0.3 teaspoon peppercorns crushed
- ☐ 1 small to 5 chilies fresh red halved lengthwise seeded cut into 12 thin strips
- ☐ 2 tablespoons rice vinegar

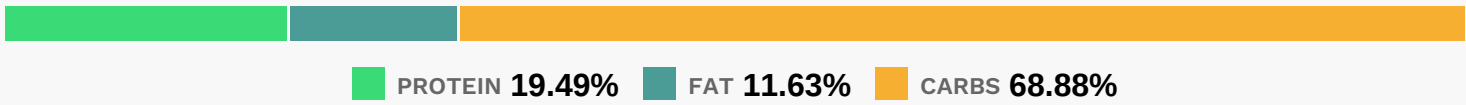
Equipment

☐ bowl

Directions

- ☐ Arrange 6 oysters on the half shell in a vegetable steamer.
- ☐ Combine vinegar and mirin in a small bowl, and stir well.
- ☐ Drizzle 1 teaspoon vinegar mixture over each oyster; top each with 1 cilantro sprig, 1 slice of ginger, and 1 strip of chile.
- ☐ Sprinkle half of crushed peppercorns over oysters. Steam, covered, 2 minutes or until edges of oysters curl. Repeat procedure with remaining oysters, vinegar mixture, cilantro, ginger, chile, and peppercorns.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:4.6860870511635%

Flavonoids

Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 23kcal (1.15%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.03g (0.74%), Sugar: 0.74g (0.82%), Cholesterol: 1.68mg (0.56%), Sodium: 8.16mg (0.35%), Alcohol: 1.21g (100%), Alcohol %: 3.76% (100%), Protein: 0.71g (1.42%), Vitamin C: 17.96mg (21.77%), Vitamin K: 20.67µg (19.69%), Zinc: 1.73mg (11.52%), Vitamin A: 515.33IU (10.31%), Copper: 0.16mg (8.04%), Vitamin B12: 0.37µg (6.13%), Manganese: 0.11mg (5.33%), Vitamin B6: 0.07mg (3.68%), Potassium: 94.25mg (2.69%), Iron: 0.47mg (2.63%), Fiber: 0.48g (1.91%), Magnesium: 7.41mg (1.85%), Vitamin E: 0.28mg (1.84%), Folate: 7.03µg (1.76%), Selenium: 1.12µg (1.6%), Vitamin B2: 0.02mg (1.46%), Phosphorus: 14.19mg (1.42%), Vitamin B3: 0.27mg (1.37%), Calcium: 10.71mg (1.07%)