



Wood-Grilled Oysters in Chipotle Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons chiles in adobo sauce
- ☐ 1 tablespoon balsamic vinegar
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 2 chipotles in adobo canned very finely chopped
- ☐ 2 cloves garlic minced
- ☐ 0.7 cup olive oil
- ☐ 36 dozens oysters
- ☐ 0.5 teaspoon salt

☐ 3 tablespoons sherry vinegar

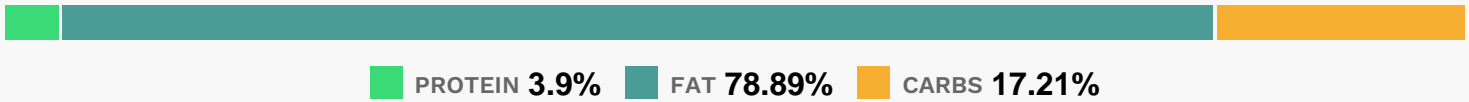
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare a hot fire in a grill.
- ☐ To make the vinaigrette, whisk all the ingredients in a small bowl until well blended. Set aside. (Vinaigrette can be made up to 4 days ahead of time and stored, covered, in the refrigerator.)
- ☐ Arrange the oysters in their half shells on a large baking sheet. Spoon about 1 teaspoon vinaigrette over each oyster and bring out to the grill.
- ☐ Add the wood chips to the coals or place the smoker box or packet close to a gas jet on a gas grill. When you see the first wisp of smoke, quickly arrange the oysters on the grill grate. Close the lid and grill for 3 to 5 minutes or until the edges of the oysters have begun to curl.
- ☐ Arrange the oysters on plates or a platter and serve, passing extra vinaigrette at the table.
- ☐ From 25 Essentials: Techniques for Grilling Fish by Karen Adler and Judith Fertig. Copyright © 2010 by Karen Adler and Judith Fertig; photographs copyright © 2010 by Joyce Oudkerk Pool. Published by The Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:3.4095651727656%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 71.82kcal (3.59%), Fat: 6.21g (9.55%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.92g (1.02%), Cholesterol: 3.36mg (1.12%), Sodium: 1231.6mg (53.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Zinc: 3.33mg (22.23%), Copper: 0.25mg (12.4%), Vitamin B12: 0.74µg (12.25%), Vitamin E: 0.93mg (6.17%), Iron: 0.81mg (4.49%), Vitamin K: 3.62µg (3.44%), Manganese: 0.06mg (3.09%), Selenium: 1.98µg (2.83%), Fiber: 0.62g (2.5%), Calcium: 15.93mg (1.59%), Phosphorus: 13.22mg (1.32%), Potassium: 35.66mg (1.02%)