

Oysters with Prosciutto and Balsamic Vinegar

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 24 oysters

24 fresh oysters

2 - 3 tablespoons balsamic vinegar

6 slices prosciutto, chopped

cracked black pepper (to taste)

Preheat the broiler.

Place the oysters on a baking tray.

Sprinkle with the balsamic vinegar. Sprinkle the prosciutto over the oysters. Sprinkle with the pepper.

Place under the broiler for 1 minute or until the prosciutto is starting to crisp.

Per Serving (excluding unknown items): 2805 Calories; 118g Fat (39.3% calories from fat); 393g Protein; 18g Carbohydrate; 0g Dietary Fiber; 1059mg Cholesterol; 37100mg Sodium. Exchanges: 56 1/2 Lean Meat; 1/2 Fruit; 1/2 Other Carbohydrates.

Appetizers, Seafood

Per Serving Nutritional Analysis

Calories (kcal):	2805	Vitamin B6 (mg):	5.8mg
% Calories from Fat:	39.3%	Vitamin B12 (mcg):	51.2mcg
% Calories from Carbohydrates:	2.6%	Thiamin B1 (mg):	7.9mg
% Calories from Protein:	58.1%	Riboflavin B2 (mg):	3.4mg
Total Fat (g):	118g	Folacin (mcg):	88mcg
Saturated Fat (g):	39g	Niacin (mg):	56mg
Monounsaturated Fat (g):	53g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	15g	Alcohol (kcal):	0
Cholesterol (mg):	1059mg	% Refuse:	0.0%
Carbohydrate (g):	18g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0

Protein (g): 393g
Sodium (mg): 37100mg
Potassium (mg): 7354mg
Calcium (mg): 233mg
Iron (mg): 29mg
Zinc (mg): 221mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 202IU
Vitamin A (r.e.): 60 1/2RE

Lean Meat: 56 1/2
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 2805 **Calories from Fat:** 1102

% Daily Values*

Total Fat 118g	182%
Saturated Fat 39g	197%
Cholesterol 1059mg	353%
Sodium 37100mg	1546%
Total Carbohydrates 18g	6%
Dietary Fiber 0g	0%
Protein 393g	
<hr/>	
Vitamin A	4%
Vitamin C	12%
Calcium	23%
Iron	162%

* Percent Daily Values are based on a 2000 calorie diet.