

Oysters with Tarragon

The Essential Appetizers Cookbook (1999)

Whitecap Books

Yield: 24 oysters

24 fresh oysters

1 tablespoon fresh tarragon

1 small spring onion, finely chopped

2 teaspoons white wine vinegar

1 tablespoon lemon juice

2 tablespoons extra-virgin olive oil

Remove the oysters from their shells. Wash the shells and set aside.

In a bowl, combine the oysters, tarragon, onion, vinegar, lemon juice and olive oil.

Cover and refrigerate for 30 minutes.

Place the oysters on a serving plate and spoon an oyster back into each shell.

Drizzle with any remaining vinaigrette.

Per Serving (excluding unknown items): 387 Calories; 32g Fat (73.7% calories from fat); 15g Protein; 11g Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 428mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Fruit; 5 1/2 Fat; 1/2 Other Carbohydrates.

Appetizers, Seafood

Per Serving Nutritional Analysis

Calories (kcal):	387
% Calories from Fat:	73.7%
% Calories from Carbohydrates:	11.3%
% Calories from Protein:	15.0%
Total Fat (g):	32g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	21g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	107mg
Carbohydrate (g):	11g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	39.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	32mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n n%

Food Exchanges

Grain (Starch):	0
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Protein (g): 15g
Sodium (mg): 428mg
Potassium (mg): 397mg
Calcium (mg): 108mg
Iron (mg): 14mg
Zinc (mg): 183mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 280IU
Vitamin A (r.e.): 68 1/2RE

Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 387 **Calories from Fat:** 285

% Daily Values*

Total Fat 32g	49%
Saturated Fat 5g	26%
Cholesterol 107mg	36%
Sodium 428mg	18%
Total Carbohydrates 11g	4%
Dietary Fiber trace	2%
Protein 15g	
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Vitamin A	6%
Vitamin C	29%
Calcium	11%
Iron	77%

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