

Oysters Air Fryer

RECIPE COURTESY OF DELCAMBRE MARKET CONSULTANT CHEF JOHN REASON

INGREDIENTS

- 1 lb (2-doz.) Louisiana shucked oysters
- ½ c all-purpose flour
- 1 Tbsp Cajun Mais Palm seasoning blend
- ½ tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 large egg
- 2 Tbsp whole milk
- 1 ½ c breadcrumbs
- Melted garlic butter, or other condiments for dipping sauce

DIRECTIONS

1. Preheat the air-fryer to 400 degrees.
2. Rinse oysters and pat dry with a paper towel.
3. In a bowl, combine flour, seasonings, and salt & pepper.
4. In a separate bowl whisk the egg and milk.
5. In the third bowl, add breadcrumbs.
6. Dredge oysters in flour mixture, then dip in egg wash, and coat with breadcrumbs.
7. Spray the air-fryer basket lightly with cooking spray.
8. Place oysters in a single layer in the basket and adjust the temperature to 350 degrees. Cook for 4 minutes, then flip and cook for another 4 minutes on the other side.
9. Serve with melted garlic butter or other favorite condiments for dipping.



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HEALTHY SWAPS

- **Lower Fat:** Substitute 2 egg whites (or ¼ c liquid egg whites) for the whole egg. 383 calories. 8g fat (2g saturated fat, 150mg cholesterol.) 1,226mg sodium. 42g carbohydrates (1g fiber, 2g sugar.) 35g protein.
- **Lower Carbohydrate:** Use pork rind “bread crumbs” (or crush your own.) Substitute whey protein isolate powder for flour. Oysters still contribute carbohydrates to this dish. 405 calories. 14g fat (4g saturated fat, 215mg cholesterol.) 1,305mg sodium. 17g carbohydrates (1g fiber, 1g sugar.) 51g protein.
- **Lower Sodium:** Use salt-free Cajun seasoning such as Cajun180 La Cajun Gold “No Salt.” Omit salt. Reduces sodium 540mg.
- **Dairy-free:** Use nut milk. No significant change in macros.
- **Gluten-free:** Use gluten-free flour and bread crumbs. 393 calories. 9g fat (2g saturated fat, 197mg cholesterol.) 1,134mg sodium. 45mg carbohydrates (1g fiber, 1g sugar.) 33g protein.
- **Note:** This is an excellent source of iron, meeting the most of daily required intake.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*		
	4 servings per container	Total Fat 10g		13%			Total Carbohydrate 42g	
Serving size 6 Oysters	Saturated Fat 2g		10%		Dietary Fiber 1g		4%	
Calories per serving	Trans Fat 0g				Total Sugars 3g			
	Cholesterol 195mg		65%		Includes 0g Added Sugars		0%	
400	Sodium 1220mg		53%		Protein 25g		50%	
	Vitamin D 1mcg	4%		Calcium 83mg	6%		Iron 16mg	90%
	Potassium 544mg	10%						

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.