

Angels on Horseback



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



12

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices bacon
- 2 tablespoons parsley fresh chopped
- 0.1 teaspoon pepper black
- 0.5 teaspoon salt
- 12 dozens oysters
- 0.1 teaspoon paprika smoked

Equipment

- oven

- wire rack
- baking pan
- toothpicks

Directions

- Preheat an oven to 450 degrees F (230 degrees C). Set a wire rack into a small baking dish.
- Wrap each oyster with a slice of bacon, and secure with a toothpick.
- Sprinkle with salt, pepper, paprika, and parsley; set onto wire rack.
- Bake in the preheated oven until the bacon is crispy, 10 to 12 minutes.
- Serve immediately. They aren't as good once they get cold.

Nutrition Facts

PROTEIN 12.53% **FAT 85.78%** **CARBS 1.69%**

Properties

Glycemic Index:6.58, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.3978260904551%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 92.81kcal (4.64%), Fat: 8.76g (13.48%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.02g (0.02%), Cholesterol: 15.08mg (5.03%), Sodium: 244.12mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin K: 11µg (10.47%), Selenium: 4.7µg (6.72%), Zinc: 0.82mg (5.46%), Vitamin B3: 0.91mg (4.54%), Vitamin B1: 0.06mg (4.11%), Vitamin B12: 0.23µg (3.88%), Phosphorus: 33.52mg (3.35%), Vitamin B6: 0.06mg (3%), Copper: 0.05mg (2.54%), Vitamin A: 75.29IU (1.51%), Potassium: 50.21mg (1.43%), Vitamin B5: 0.13mg (1.29%), Vitamin B2: 0.02mg (1.18%), Iron: 0.2mg (1.13%), Vitamin C: 0.89mg (1.07%)