



Baked Italian Oysters

READY IN



45 min.

SERVINGS



8

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 8 lemon wedges
- ☐ 24 oysters on the half shell

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1 ounce bread white

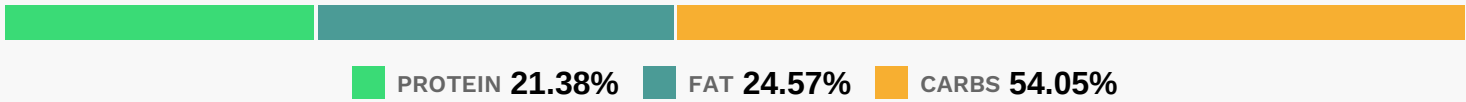
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place bread in a food processor, and pulse 10 times or until coarse crumbs form to measure 3/4 cup.
- ☐ Heat a medium nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onions, parsley, and garlic; cook 5 minutes, stirring constantly.
- ☐ Remove from heat; stir in fresh breadcrumbs, Italian breadcrumbs, and the next 4 ingredients (Italian breadcrumbs through black pepper).
- ☐ Place oysters on a jelly roll pan.
- ☐ Sprinkle breadcrumb mixture evenly over oysters.
- ☐ Bake the oysters at 450 for 7 minutes or until the edges of the oysters curl.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:35.66, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:6.1404348945488%

Flavonoids

Eriodictyol: 3.88mg, Eriodictyol: 3.88mg, Eriodictyol: 3.88mg, Eriodictyol: 3.88mg Hesperetin: 5.11mg, Hesperetin: 5.11mg, Hesperetin: 5.11mg, Hesperetin: 5.11mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.36mg,

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 48.62kcal (2.43%), Fat: 1.41g (2.17%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 6g (2.18%), Sugar: 1.05g (1.17%), Cholesterol: 4.13mg (1.38%), Sodium: 129.57mg (5.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin K: 41.3µg (39.33%), Vitamin C: 13.42mg (16.26%), Zinc: 1.89mg (12.6%), Copper: 0.15mg (7.53%), Calcium: 70.58mg (7.06%), Vitamin B12: 0.42µg (7.05%), Manganese: 0.1mg (5.17%), Selenium: 3.58µg (5.12%), Vitamin A: 253.53IU (5.07%), Iron: 0.83mg (4.62%), Phosphorus: 46.16mg (4.62%), Vitamin B1: 0.07mg (4.6%), Folate: 16.62µg (4.16%), Fiber: 0.97g (3.89%), Vitamin B2: 0.05mg (2.92%), Vitamin B3: 0.52mg (2.61%), Vitamin B6: 0.04mg (2.16%), Magnesium: 8.53mg (2.13%), Potassium: 74.04mg (2.12%), Vitamin B5: 0.12mg (1.18%)