



Baked Oysters Brownefeller

READY IN



70 min.

SERVINGS



4

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained finely chopped canned
- 0.5 teaspoon pepper black freshly ground
- 1 cup japanese bread crumbs (panko)
- 0.8 cup celery finely chopped
- 1 tablespoon garlic minced
- 1 teaspoon kosher salt divided
- 2 teaspoons lemon zest finely chopped
- 0.8 cup onion finely chopped
- 1 teaspoon oregano dried

- 24 oysters on the half shell with their liquor
- 4 cups rock salt
- 6 tablespoons butter unsalted

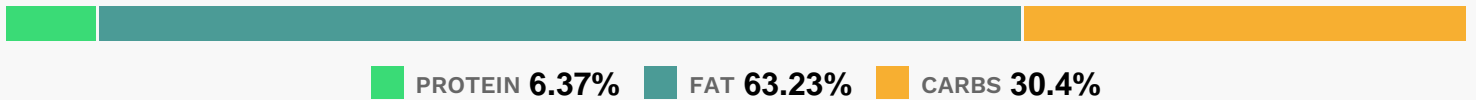
Equipment

- frying pan
- oven

Directions

- Preheat oven to 425 degrees F.
- Melt butter in a 12-inch saute pan over medium-low heat. Increase the heat slightly and add the onion, celery, and 1/2 teaspoon kosher salt; sweat for 5 to 7 minutes.
- Add garlic and cook for an additional 1 to 2 minutes. Reduce the heat to low and add the artichoke hearts, bread crumbs, lemon zest, remaining 1/2 teaspoon kosher salt, pepper, and oregano. Continue cooking for 2 to 3 more minutes.
- Remove from the heat and set aside.
- Place the 4 cups rock salt on a sheet pan with sides and spread evenly. Set oysters atop the salt and divide the bread crumb mixture evenly among them.
- Place in oven and bake for 10 to 12 minutes. Bread crumbs should be lightly browned.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:10.051739174387%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 257.06kcal (12.85%), Fat: 18.08g (27.81%), Saturated Fat: 11.04g (69.01%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 16.11g (5.86%), Sugar: 3.37g (3.74%), Cholesterol: 48.51mg (16.17%), Sodium: 114257.27mg (4967.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Manganese: 0.61mg (30.28%), Zinc: 3.95mg (26.33%), Copper: 0.4mg (20.08%), Fiber: 3.44g (13.76%), Vitamin B12: 0.82µg (13.72%), Calcium: 136.41mg (13.64%), Iron: 2.44mg (13.53%), Vitamin A: 624.67IU (12.49%), Vitamin B1: 0.17mg (11.41%), Vitamin K: 11.76µg (11.2%), Selenium: 6.49µg (9.27%), Folate: 31.2µg (7.8%), Vitamin B3: 1.22mg (6.11%), Vitamin B2: 0.1mg (5.89%), Vitamin C: 4.73mg (5.74%), Phosphorus: 55.5mg (5.55%), Potassium: 183.3mg (5.24%), Vitamin B6: 0.1mg (5.19%), Vitamin E: 0.73mg (4.84%), Magnesium: 18.83mg (4.71%), Vitamin B5: 0.23mg (2.31%), Vitamin D: 0.31µg (2.1%)