



Baked Oysters Florentine

READY IN



45 min.

SERVINGS



36

CALORIES



51 kcal

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup breadcrumbs dry fine
- ☐ 0.5 cup parsley fresh chopped
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 0.3 teaspoon hot sauce
- ☐ 36 dozens oysters fresh (in the shell)
- ☐ 1 cup parmesan cheese grated
- ☐ 1 tablespoon pernod
- ☐ 36 servings rock salt

☐

1 tablespoon worcestershire sauce

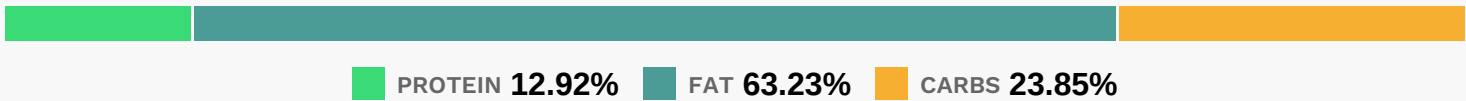
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill

Directions

- ☐ Cook and drain spinach. Melt butter in a medium saucepan over medium-high heat.
- ☐ Add garlic; saut 1 minute or until tender. Stir in spinach and parsley; gradually add Pernod, next 4 ingredients, and, if desired, salt.
- ☐ Remove spinach mixture from heat, and add Parmesan cheese.
- ☐ Scrub oyster shells, and open; discard tops. Loosen meat, but leave it in the bottom shell. Make a bed of rock salt in a 15- x 10-inch jellyroll pan, and arrange oysters on the rock salt. Top oysters generously with spinach mixture.
- ☐ Bake at 450 for 10 minutes.
- ☐ Alternate cooking method: Oysters may be cooked directly on a grill, covered, for 6 to 8 minutes.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:4.9643479287624%

Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg 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: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 50.94kcal (2.55%), Fat: 3.57g (5.49%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.3g (0.34%), Cholesterol: 9.76mg (3.25%), Sodium: 299mg (13%), Alcohol: 0.16g (100%), Alcohol %: 0.98% (100%), Protein: 1.64g (3.28%), Vitamin K: 43.47µg (41.4%), Vitamin A: 1097.53IU (21.95%), Zinc: 0.77mg (5.14%), Manganese: 0.09mg (4.66%), Calcium: 43.63mg (4.36%), Folate: 16.3µg (4.07%), Selenium: 2.51µg (3.59%), Copper: 0.06mg (3.14%), Vitamin B12: 0.18µg (2.93%), Phosphorus: 29.34mg (2.93%), Vitamin B1: 0.04mg (2.58%), Vitamin B2: 0.04mg (2.54%), Iron: 0.45mg (2.51%), Vitamin E: 0.34mg (2.25%), Magnesium: 8.99mg (2.25%), Vitamin C: 1.62mg (1.97%), Fiber: 0.39g (1.58%), Potassium: 49.85mg (1.42%), Vitamin B3: 0.27mg (1.35%), Vitamin B6: 0.02mg (1.04%)