



Baked Oysters with Bacon and Leeks

READY IN



45 min.

SERVINGS



10

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 8 ounces bacon chopped (preferably applewood-smoked)
- ☐ 1 bay leaf
- ☐ 1 cup breadcrumbs made from bread fresh french crustless
- ☐ 1 tablespoon butter
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 cup celery finely chopped
- ☐ 2 tablespoons cooking wine dry white
- ☐ 4 cups leeks white green thinly sliced (and pale parts only; from 4 large)

- ☐ 2 tablespoons pecorino romano cheese grated
- ☐ 20 medium dozens oysters
- ☐ 1 cup whipping cream

Equipment

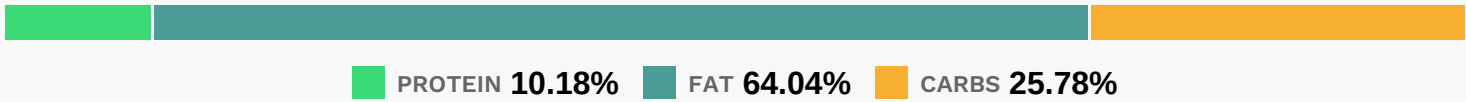
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Melt butter in small skillet over medium heat.
- ☐ Add flour; whisk 2 minutes.
- ☐ Add cream slowly and whisk until mixture thickens slightly.
- ☐ Remove from heat.
- ☐ Sauté bacon in heavy large skillet over medium heat until crisp, about 6 minutes.
- ☐ Transfer bacon to paper towels to drain. Discard all but 2 tablespoons drippings from skillet.
- ☐ Add leeks, celery, bay leaf, and cayenne to skillet and sauté over medium heat until vegetables are soft, about 12 minutes.
- ☐ Add wine and cook until absorbed, about 15 seconds.
- ☐ Add cream mixture and bring to simmer. Stir until leek mixture thickens slightly, about 3 minutes. Stir in bacon and cheese. Season generously with salt and pepper. (Can be made 1 day ahead. Cool slightly. Cover and refrigerate.)
- ☐ Place 1 oyster on each of 20 oyster shells or place 2 oysters in each of 10 small ramekins. Top oyster in each shell with 2 tablespoons leek mixture, or top oysters in ramekins with 1/4 cup leek mixture.
- ☐ Place on rimmed baking sheet. (Can be made 4 hours ahead. Cover and chill.)
- ☐ Preheat oven to 500°F. Divide breadcrumbs among shells or ramekins.

Bake until leek mixture bubbles and crumbs are golden, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:7.93, Inflammation Score:-7, Nutrition Score:10.290434764779%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 284.09kcal (14.2%), Fat: 20.25g (31.16%), Saturated Fat: 9.58g (59.87%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 16.57g (6.02%), Sugar: 3.63g (4.04%), Cholesterol: 47.03mg (15.68%), Sodium: 307.23mg (13.36%), Alcohol: 0.31g (100%), Alcohol %: 0.31% (100%), Protein: 7.25g (14.49%), Manganese: 0.48mg (24.24%), Vitamin A: 1048.91IU (20.98%), Vitamin K: 21.79µg (20.76%), Selenium: 13.45µg (19.22%), Vitamin B1: 0.2mg (13.01%), Vitamin B3: 2.5mg (12.51%), Folate: 49.24µg (12.31%), Zinc: 1.76mg (11.76%), Iron: 1.92mg (10.68%), Phosphorus: 103.95mg (10.4%), Vitamin B6: 0.19mg (9.49%), Vitamin B2: 0.15mg (8.84%), Copper: 0.18mg (8.76%), Calcium: 84.59mg (8.46%), Fiber: 1.78g (7.11%), Vitamin B12: 0.41µg (6.83%), Magnesium: 26.62mg (6.66%), Vitamin C: 4.8mg (5.82%), Potassium: 200.27mg (5.72%), Vitamin E: 0.78mg (5.22%), Vitamin B5: 0.47mg (4.72%), Vitamin D: 0.48µg (3.18%)