



Baked Oysters with Hazelnuts and Leeks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup mirin dry
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 2 cups leek thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 24 medium dozens oysters
- ☐ 2 tablespoons parsley finely chopped
- ☐ 0.3 teaspoon salt

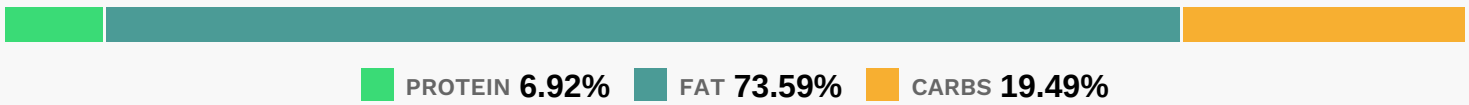
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut a piece of foil twice as long as a large baking sheet. Loosely crumple the foil, and use it to line the baking sheet. Set aside.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add leeks; cook 4 minutes or until they begin to soften, stirring constantly. Cover, reduce heat to medium, and cook 8 minutes or until leeks are tender, stirring occasionally.
- ☐ Remove pan from heat, and stir in hazelnuts and next 4 ingredients.
- ☐ Scrub oyster shells. Shuck oysters, discarding tops. Arrange bottoms on crumpled foil (to keep oysters from tipping over). Top oysters evenly with leek mixture.
- ☐ Bake at 475, in batches, 6 minutes or until oysters plump and edges bubble. Carefully arrange on a platter, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:7.0869565683862%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 100.19kcal (5.01%), Fat: 8.21g (12.63%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 3.72g (1.35%), Sugar: 1.23g (1.36%), Cholesterol: 1.68mg (0.56%), Sodium: 81.33mg (3.54%), Alcohol: 0.71g (100%), Alcohol %: 1.96% (100%), Protein: 1.74g (3.47%), Manganese: 0.59mg (29.42%), Vitamin K: 30.12µg (28.69%), Copper: 0.28mg (13.89%), Vitamin E: 1.88mg (12.51%), Zinc: 1.87mg (12.48%), Vitamin A: 458.67IU (9.17%), Folate: 24.53µg (6.13%), Vitamin B12: 0.37µg (6.13%), Iron: 1.1mg (6.1%), Vitamin C: 4.47mg (5.42%), Magnesium: 19.77mg (4.94%), Vitamin B6: 0.1mg (4.82%), Fiber: 1.17g (4.68%), Vitamin B1: 0.06mg (4.21%), Phosphorus: 34.24mg (3.42%), Potassium: 103.61mg (2.96%), Calcium: 25.75mg (2.58%), Selenium: 1.23µg (1.76%), Vitamin B3: 0.28mg (1.38%), Vitamin B2: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.14%)