



## Broiled Oysters

READY IN



45 min.

SERVINGS



8

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup butter
- 1 cup cracker crumbs (buttery round crackers)
- 1 optional: lemon sliced
- 12 ounce select oysters drained
- 1 teaspoon pepper
- 0.3 cup water
- 2 tablespoons worcestershire sauce

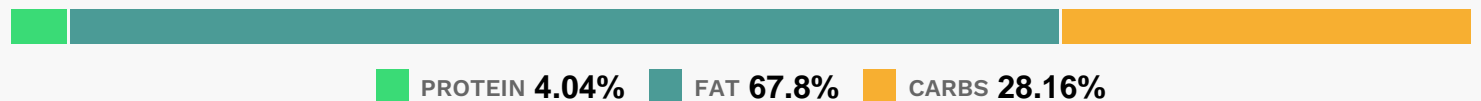
## Equipment

- frying pan
- sauce pan
- ramekin

## Directions

- Sprinkle cracker crumbs evenly in 10 crab shells or ramekins.
- Place 2 or 3 oysters over cracker crumbs in each shell. Melt butter in a small saucepan over low heat; add remaining ingredients, and cook until thoroughly heated.
- Remove and discard lemon.
- Drizzle 2 teaspoons butter mixture evenly over oysters in shells.
- Place shells on a broiling pan, and broil 5 inches from heating element 5 minutes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:13.44, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.4586956449177%

## Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 97.75kcal (4.89%), Fat: 7.62g (11.72%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.5g (2.36%), Sugar: 1.41g (1.56%), Cholesterol: 16.95mg (5.65%), Sodium: 171.32mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Zinc: 1.74mg (11.62%), Vitamin C: 7.71mg (9.34%), Copper: 0.15mg (7.45%), Vitamin B12: 0.38µg (6.4%), Iron: 0.86mg (4.8%), Vitamin K: 4.74µg (4.52%), Manganese: 0.09mg (4.45%), Vitamin A: 186.84IU (3.74%), Vitamin E: 0.49mg (3.26%), Phosphorus: 31.41mg (3.14%), Vitamin B1: 0.04mg (2.86%), Calcium: 25.15mg (2.51%), Fiber: 0.61g (2.45%), Vitamin B3: 0.45mg (2.27%), Potassium: 73.21mg (2.09%), Vitamin B2: 0.03mg (2.05%), Folate: 7.78µg (1.94%), Selenium: 1.34µg (1.92%), Magnesium: 4.47mg (1.12%)