



Broiled Oysters on the Half Shell

READY IN



35 min.

SERVINGS



10

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 1.5 cups day-old french-bread breadcrumbs
- ☐ 4 tablespoons flat-leaf parsley fresh minced
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 4 garlic cloves pressed
- ☐ 0.8 cup green onions minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 pinch ground pepper red
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 tablespoons olive oil divided
- ☐ 2 teaspoons oregano fresh minced
- ☐ 24 oysters in the shell fresh
- ☐ 0.3 cup parmigiano-reggiano cheese freshly grated
- ☐ 10 servings rock salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ broiler
- ☐ microwave

Directions

- ☐ Shuck oysters, reserving bottom shells and 1 Tbsp. oyster liquor (oyster liquid in shell); discard top shells. Gently loosen oyster from shell, using an oyster knife.
- ☐ Preheat broiler with oven rack 6 inches from heat. Melt 1 Tbsp. butter with 1 Tbsp. olive oil in a large skillet over low heat; stir in breadcrumbs and next 9 ingredients.
- ☐ Remove from heat.
- ☐ Microwave remaining 1 Tbsp. butter and 1 Tbsp. olive oil in a small microwave-safe bowl at HIGH 20 seconds or until butter melts. Stir in reserved oyster liquor.
- ☐ Spread rock salt in a 1/4-inch layer in a 18- x 13-inch shallow pan.
- ☐ Place oysters, in shells, on rock salt. Spoon breadcrumb mixture over oysters; drizzle with butter mixture. Broil 5 to 6 minutes or until top is crisp and browned.
- ☐ Broiled Oysters: Omit rock salt. Prepare recipe as directed, doubling ingredient amounts. Shuck oysters, discarding shells, and place oysters in a single layer in a 13- x 9-inch pan. (Pre-shucked oysters work well for this. Reserve 2 Tbsp. oyster liquor.) Top with breadcrumb mixture; broil.

Nutrition Facts



 PROTEIN **13.05%**  FAT **37.27%**  CARBS **49.68%**

Properties

Glycemic Index:36.55, Glycemic Load:14.5, Inflammation Score:-8, Nutrition Score:9.1426086613665%

Flavonoids

Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 159.38kcal (7.97%), Fat: 6.69g (10.3%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 18.78g (6.83%), Sugar: 1.9g (2.11%), Cholesterol: 9.06mg (3.02%), Sodium: 587.13mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.55%), Vitamin K: 46.65µg (44.43%), Vitamin B1: 0.26mg (17.51%), Selenium: 11.64µg (16.63%), Manganese: 0.27mg (13.58%), Folate: 52.57µg (13.14%), Zinc: 1.84mg (12.28%), Iron: 2.04mg (11.33%), Vitamin B2: 0.18mg (10.41%), Vitamin B3: 1.85mg (9.23%), Copper: 0.17mg (8.47%), Calcium: 69.17mg (6.92%), Vitamin A: 331.16IU (6.62%), Phosphorus: 65.29mg (6.53%), Vitamin C: 4.57mg (5.54%), Vitamin B12: 0.33µg (5.48%), Fiber: 1.31g (5.23%), Vitamin E: 0.71mg (4.72%), Magnesium: 17.63mg (4.41%), Vitamin B6: 0.07mg (3.42%), Potassium: 93.21mg (2.66%), Vitamin B5: 0.17mg (1.66%)