



Broiled Oysters with Garlic Breadcrumbs

READY IN



45 min.

SERVINGS



12

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup bread fresh white crustless
- ☐ 0.5 small garlic clove pressed
- ☐ 12 servings lemon wedges
- ☐ 12 dozens oysters with juices
- ☐ 0.3 teaspoon pernod
- ☐ 2.5 tablespoons butter unsalted

Equipment

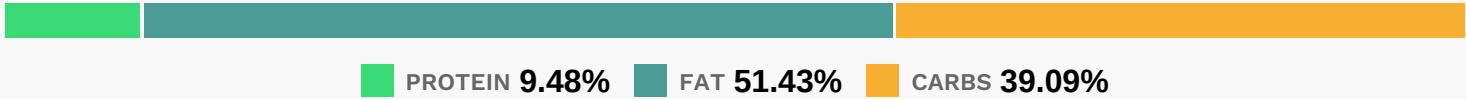
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place breadcrumbs in small bowl. Melt butter in small saucepan over medium heat.
- ☐ Mix in garlic and Pernod, if desired.
- ☐ Pour butter mixture over breadcrumbs; stir to combine.
- ☐ Place oysters in their shells on large rimmed baking sheet.
- ☐ Sprinkle breadcrumb mixture over. Broil until crumbs are golden, about 3 minutes.
- ☐ Transfer oysters in shells to plates.
- ☐ Serve with lemon wedges.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:9.51, Glycemic Load:2.54, Inflammation Score:-1, Nutrition Score:1.8908695669278%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 49.39kcal (2.47%), Fat: 2.84g (4.37%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.43g (1.61%), Sugar: 0.6g (0.67%), Cholesterol: 6.83mg (2.28%), Sodium: 48.18mg (2.09%), Alcohol: 0.04g (100%), Alcohol %: 0.32% (100%), Protein: 1.18g (2.36%), Manganese: 0.12mg (6.21%), Selenium: 3.17µg (4.52%), Zinc: 0.66mg (4.38%), Vitamin B3: 0.57mg (2.84%), Copper: 0.06mg (2.79%), Vitamin B1: 0.04mg (2.77%),

Iron: 0.43mg (2.38%), Folate: 8.68µg (2.17%), Vitamin B12: 0.13µg (2.12%), Fiber: 0.42g (1.7%), Vitamin B2: 0.03mg (1.61%), Phosphorus: 15.13mg (1.51%), Vitamin A: 73.93IU (1.48%), Calcium: 14.33mg (1.43%), Magnesium: 4.46mg (1.12%)