



Broiled Oysters with Garlic-Buttered Breadcrumbs

READY IN



20 min.

SERVINGS



6

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 ounce bread baguette french
- 1 tablespoon butter
- 1 tablespoon flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 1 teaspoon juice of lemon fresh
- 2 teaspoons olive oil extra-virgin
- 0.1 teaspoon salt

24 shucked oysters

Equipment

food processor

frying pan

broiler

broiler pan

Directions

Preheat broiler to high.

Melt butter in a skillet over medium heat.

Add oil and garlic; cook 1 minute, stirring occasionally.

Remove from heat, and stir in the lemon juice.

Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup.

Combine breadcrumbs, butter mixture, salt, and pepper; mix well.

Arrange the oysters on a broiler pan coated with cooking spray; top oysters with breadcrumb mixture. Broil 5 inches from heat for 3 minutes or until breadcrumbs are golden.

Sprinkle with parsley.

Nutrition Facts



PROTEIN **9.68%** FAT **53.51%** CARBS **36.81%**

Properties

Glycemic Index:37.42, Glycemic Load:3.89, Inflammation Score:-2, Nutrition Score:3.7391303881355%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.09kcal (2.95%), Fat: 3.56g (5.48%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 5.25g (1.91%), Sugar: 0.51g (0.57%), Cholesterol: 7.26mg (2.42%), Sodium: 125.69mg (5.46%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.45g (2.9%), Zinc: 2.32mg (15.47%), Vitamin K: 12.11µg (11.53%), Copper: 0.18mg (8.96%), Vitamin B12: 0.49µg (8.23%), Selenium: 3.97µg (5.68%), Vitamin B1: 0.07mg (4.74%), Manganese: 0.09mg (4.47%), Iron: 0.7mg (3.88%), Folate: 13.3µg (3.33%), Vitamin B2: 0.05mg (2.83%), Vitamin B3: 0.53mg (2.63%), Vitamin A: 117.3IU (2.35%), Vitamin E: 0.32mg (2.14%), Vitamin C: 1.52mg (1.84%), Phosphorus: 17.96mg (1.8%), Vitamin B6: 0.03mg (1.27%), Magnesium: 4.78mg (1.2%), Calcium: 11.79mg (1.18%), Fiber: 0.26g (1.06%)