



Cocoanut Grove's Oysters St. James

 Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



395 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chives minced
- ☐ 1 clove garlic cloves minced peeled
- ☐ 1 tablespoon bell pepper green minced
- ☐ 18 california oysters
- ☐ 1 dash paprika
- ☐ 3 servings parmesan cheese grated
- ☐ 1 pinch parsley italian minced
- ☐ 1 tablespoon shallots minced

- ☐ 1 dash all the tabasco sauce you handle
- ☐ 8 tablespoon butter unsalted room temperature

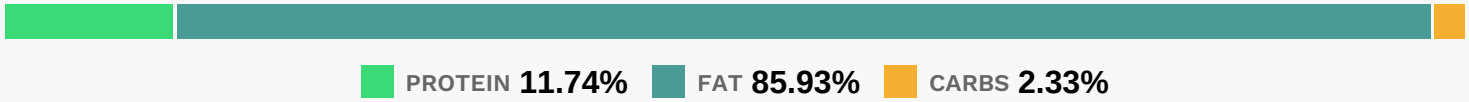
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Compound Butter
- ☐ Mix all the ingredients (except the oysters and Parmesan) together very well. Make sure the butter is softened.Oysters
- ☐ Open the oysters on the half shell. Set them in a baking dish, covering each completely with the compound butter.
- ☐ Sprinkle with Parmesan.
- ☐ Bake until browned and serve hot. About 12 minutes at 350 degrees F.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:9.496521713941%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 394.59kcal (19.73%), Fat: 38.2g (58.77%), Saturated Fat: 24.15g (150.91%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.69g (0.76%), Cholesterol: 104.03mg (34.68%), Sodium: 493.63mg (21.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.49%), Calcium: 373.93mg (37.39%), Zinc: 4.2mg (28%), Vitamin A: 1270.73IU (25.41%), Phosphorus: 230.34mg (23.03%), Vitamin B12: 1.16µg (19.31%), Copper:

0.27mg (13.3%), Selenium: 8.97µg (12.82%), Vitamin K: 11.1µg (10.58%), Vitamin B2: 0.12mg (7.32%), Vitamin E: 1.03mg (6.88%), Vitamin C: 4.12mg (4.99%), Vitamin D: 0.71µg (4.73%), Magnesium: 17.37mg (4.34%), Iron: 0.75mg (4.18%), Manganese: 0.07mg (3.37%), Vitamin B6: 0.06mg (3.22%), Vitamin B5: 0.22mg (2.2%), Potassium: 75.85mg (2.17%), Folate: 6.86µg (1.71%), Vitamin B1: 0.02mg (1.47%), Vitamin B3: 0.22mg (1.09%)