



Creamy Oysters Rockefeller Dip

READY IN



45 min.

SERVINGS



18

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons anchovy paste
- ☐ 0.3 teaspoon pepper black
- ☐ 9 ounces diagonally bread baguette french cut ()
- ☐ 0.5 teaspoon butter
- ☐ 1 cup celery coarsely chopped
- ☐ 0.3 cup evaporated milk fat-free
- ☐ 0.5 cup parsley fresh chopped
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 cup green onions coarsely chopped

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 ounce standard oysters undrained
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1 ounce bread white
- ☐ 1 tablespoon worcestershire sauce

Equipment

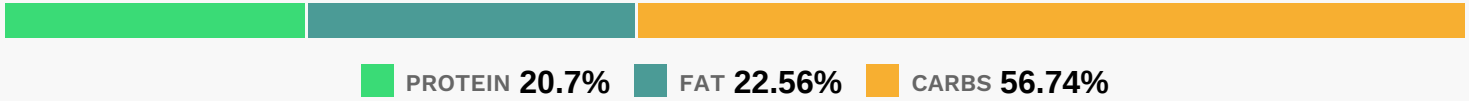
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ broiler
- ☐ dutch oven
- ☐ colander
- ☐ broiler pan

Directions

- ☐ Preheat oven to 37
- ☐ Arrange the baguette slices on 2 baking sheets; bake baguette slices at 375 for 8 minutes or until crisp.
- ☐ Preheat broiler.
- ☐ Place 1/2 (1-ounce) bread slice in a food processor; pulse 10 times or until coarse crumbs measure 1/4 cup.
- ☐ Drain the oysters in a colander over a bowl, reserving 2 tablespoons oyster liquid.
- ☐ Place the oysters on a broiler pan, and broil 7 minutes or until the edges of oysters curl. Cool and chop.
- ☐ Place onions, celery, and parsley in a blender or food processor, and process until finely chopped.
- ☐ Melt butter in a Dutch oven over medium-high heat.

- ☐ Add onion mixture; saut 5 minutes or until tender.
- ☐ Add spinach; cook 2 minutes or until thoroughly heated. Stir in oysters, 1/4 cup breadcrumbs, 2 tablespoon oyster liquid, cheeses, and the remaining ingredients; cook 2 minutes or until well blended, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:4.31, Inflammation Score:-8, Nutrition Score:11.249999880791%

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: 3.75mg, Apigenin: 3.75mg, Apigenin: 3.75mg, Apigenin: 3.75mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 65.71kcal (3.29%), Fat: 1.69g (2.6%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 8.2g (2.98%), Sugar: 1.71g (1.9%), Cholesterol: 3.57mg (1.19%), Sodium: 154.61mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Vitamin K: 99.96µg (95.2%), Vitamin A: 2094.21IU (41.88%), Manganese: 0.32mg (15.84%), Folate: 45.58µg (11.4%), Selenium: 6.61µg (9.44%), Calcium: 81.18mg (8.12%), Zinc: 1.12mg (7.49%), Iron: 1.24mg (6.89%), Vitamin B2: 0.11mg (6.19%), Vitamin B1: 0.09mg (6.04%), Vitamin C: 4.84mg (5.87%), Vitamin B3: 1.15mg (5.76%), Magnesium: 23.05mg (5.76%), Copper: 0.11mg (5.69%), Fiber: 1.36g (5.43%), Phosphorus: 53.99mg (5.4%), Potassium: 142.02mg (4.06%), Vitamin E: 0.59mg (3.95%), Vitamin B12: 0.19µg (3.24%), Vitamin B6: 0.06mg (2.93%), Vitamin B5: 0.2mg (2.04%)