



Eastern Shore Scalloped Oysters

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup breadcrumbs
- ☐ 3 tablespoons butter melted
- ☐ 3 tablespoons cooking sherry dry
- ☐ 1.5 tablespoons parsley fresh minced
- ☐ 1.5 tablespoons juice of lemon
- ☐ 24 ounce select oysters fresh drained
- ☐ 2.3 teaspoons worcestershire sauce

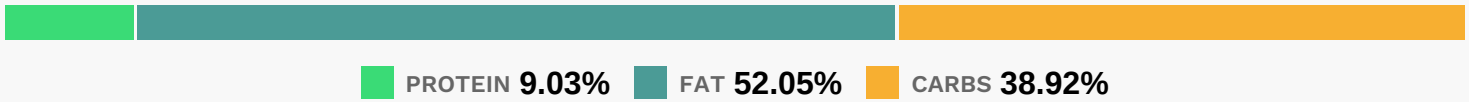
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine butter, Worcestershire sauce, and lemon juice; mix well and set aside.
- ☐ Layer half of oysters in a lightly greased 1 1/2-quart baking dish. Spoon half of butter sauce over oysters; top with half of parsley and breadcrumbs. Repeat layers.
- ☐ Bake at 375 for 20 minutes or until hot and bubbly.
- ☐ Pour sherry over casserole, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:7.0065217743749%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 118.51kcal (5.93%), Fat: 6.56g (10.09%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 10.39g (3.78%), Sugar: 1.31g (1.45%), Cholesterol: 4.54mg (1.51%), Sodium: 204.69mg (8.9%), Alcohol: 0.77g (100%), Alcohol %: 2.11% (100%), Protein: 2.56g (5.12%), Zinc: 4.68mg (31.19%), Copper: 0.37mg (18.28%), Vitamin B12: 1.05µg (17.44%), Vitamin K: 17.46µg (16.63%), Vitamin B1: 0.14mg (9.13%), Manganese: 0.17mg (8.42%), Selenium: 5.66µg (8.08%), Iron: 1.38mg (7.66%), Vitamin A: 341.62IU (6.83%), Vitamin B3: 1.04mg (5.21%), Folate: 17.83µg (4.46%), Vitamin B2: 0.07mg (4.28%), Phosphorus: 38.46mg (3.85%), Calcium: 38.18mg (3.82%), Vitamin C: 3.09mg (3.74%), Fiber: 0.65g (2.61%), Magnesium: 9.82mg (2.46%), Potassium: 79.82mg (2.28%), Vitamin E: 0.34mg (2.26%), Vitamin B6: 0.03mg (1.34%), Vitamin B5: 0.12mg (1.18%)