

How to Make Oysters Rockefeller

READY IN

ready

55 min.

SERVINGS

servings

36

CALORIES

calories

31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 0.5 cup butter room temperature
- ☐ 1 pinch cayenne pepper to taste
- ☐ 2 tablespoons celery chopped
- ☐ 2 tablespoons anise-flavored liqueur pernod® such as
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 2 tablespoons green onion minced white and pale green parts only
- ☐ 36 oysters on the half shell

- ☐ 2 cups rock salt as needed
- ☐ 36 servings salt and pepper black freshly ground to taste
- ☐ 1 cup watercress chopped

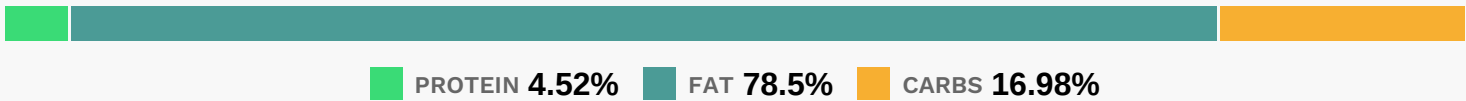
Equipment

- ☐ food processor
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat an oven to 500 degrees F (260 degrees C).
- ☐ Pour rock salt into a large, shallow casserole dish.
- ☐ Combine watercress, butter, bread crumbs, green onions, celery, tarragon, Italian parsley, anise-flavored liqueur, salt, black pepper, and cayenne pepper in a food processor; blend until smooth.
- ☐ Place 8 to 12 shucked oysters on top of the rock salt. Spoon 1 to 2 teaspoons of watercress mixture a top each oyster.
- ☐ Bake in the preheated oven until oysters are firm and butter has melted, about 5 minutes. Repeat with remaining oysters.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.485652177878%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 30.9kcal (1.55%), Fat: 2.66g (4.09%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.47g (0.52%), Cholesterol: 7.34mg (2.45%), Sodium: 6315.61mg (274.59%), Alcohol: 0.18g (100%), Alcohol %: 0.92% (100%), Protein: 0.34g (0.69%), Vitamin K: 7.28µg (6.93%), Zinc: 0.6mg (4.01%), Manganese: 0.07mg (3.74%), Vitamin A: 151.62IU (3.03%), Copper: 0.05mg (2.61%), Vitamin B12: 0.13µg (2.17%), Iron: 0.31mg (1.73%), Calcium: 13.58mg (1.36%), Vitamin C: 0.97mg (1.18%)