



Joan's Scalloped Oysters

READY IN



55 min.

SERVINGS



8

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bottled clam juice or as needed
- 2.5 cups saltine cracker crumbs
- 1 pinch ground pepper black
- 0.8 cup heavy cream
- 1 pint extra oysters
- 1 dash pepper sauce hot tabasco® (such as)
- 0.5 teaspoon salt
- 0.5 cup butter unsalted melted
- 0.3 cup worcestershire sauce

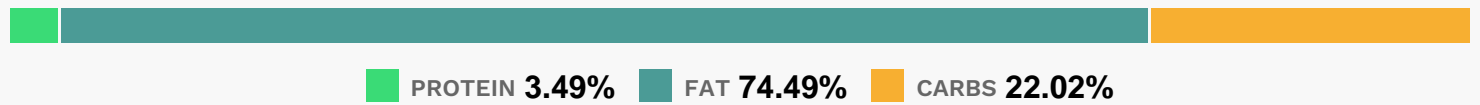
Equipment

- bowl
- oven
- whisk
- casserole dish

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Combine the cracker crumbs, salt, pepper, and butter in a bowl until evenly moistened. Butter a 1 1/2-quart casserole dish and sprinkle about 1/3 of the cracker crumb mixture into it.
- Drain the oysters, reserving the liquid.
- Add enough clam juice to the oyster liquid to make 3/4 cup; set aside.
- Layer half of the oysters into the casserole dish and sprinkle with half of the cracker crumbs. Arrange the remaining oysters atop the crumbs.
- Whisk together the oyster liquid, cream, Worcestershire sauce, and hot pepper sauce.
- Drizzle over the oysters and sprinkle with the remaining cracker crumbs.
- Bake in the preheated oven until hot in the center and golden on top, 40 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:6.3030434121256%

Nutrients (% of daily need)

Calories: 286.6kcal (14.33%), Fat: 24.05g (36.99%), Saturated Fat: 13.47g (84.19%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.49g (5.63%), Sugar: 3.57g (3.97%), Cholesterol: 58.08mg (19.36%), Sodium: 488.91mg (21.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Zinc: 2.53mg (16.89%), Vitamin A: 714.05IU (14.28%), Copper: 0.22mg (10.94%), Vitamin K: 11.25µg (10.71%), Vitamin B12: 0.58µg (9.7%), Iron: 1.62mg (8.98%), Vitamin E: 1.26mg (8.42%), Phosphorus: 80.07mg (8.01%), Vitamin B2: 0.11mg (6.75%), Vitamin B1: 0.1mg (6.55%), Manganese: 0.13mg (6.31%), Calcium: 61.02mg (6.1%), Vitamin B3: 1.08mg (5.42%), Folate: 17.11µg (4.28%),

Selenium: 2.94µg (4.2%), Potassium: 138.27mg (3.95%), Vitamin D: 0.57µg (3.8%), Vitamin C: 2mg (2.42%), Magnesium: 8.35mg (2.09%), Fiber: 0.49g (1.97%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.52%)