



Mad Men Oysters Rockefeller

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup breadcrumbs soft
- 1 pinch ground pepper
- 1 small stalk celery minced
- 0.3 cup parsley fresh minced
- 24 dozens oysters (or 3-4 dozen small)
- 4 servings pepper black freshly ground
- 2 tablespoons pernod
- 4 servings rock salt
- 0.5 teaspoon salt

- 0.3 cup shallots minced
- 2 cups pkt spinach fresh coarsely chopped
- 175 g butter unsalted softened
- 1 drops worcestershire sauce

Equipment

- frying pan
- oven
- blender
- baking pan

Directions

- Preheat oven to 450F. Fill 4 pie or cake tins (or a baking dish large enough to hold oysters) with rock salt, but no more than half full (use just enough salt to keep the oysters from rocking back and forth).
- Saute the shallots, celery, and parsley in 4 tablespoons of butter in a heavy skillet for approximately 57 minutes.
- Add spinach to the skillet and allow it to wilt for a minute.
- Pour spinach mixture into a blender.
- Add the remaining butter, bread crumbs, Worcestershire sauce, salt, peppers, and Pernod or Anisette. Blend for a minute at medium speed. Top each oyster with about 1 teaspoon to 1 tablespoon of the mixture, depending on the size of the oyster.
- Remove the tins from the oven and embed the oysters firmly in the hot salt. Return pans to the oven and bake for about 4 minutes, or until the butter is melted and the spinach is lightly browned on top.
- Serve oysters right in the tin.

Nutrition Facts

  

 **PROTEIN 3.17%**  **FAT 86.01%**  **CARBS 10.82%**

Properties

Glycemic Index:47.5, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:14.657391304348%

Flavonoids

Apigenin: 8.2mg, Apigenin: 8.2mg, Apigenin: 8.2mg, Apigenin: 8.2mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Taste

Sweetness: 5.38%, Saltiness: 17.47%, Sourness: 4.2%, Bitterness: 8.18%, Savoriness: 8.63%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 389.81kcal (19.49%), Fat: 36.22g (55.73%), Saturated Fat: 22.64g (141.52%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 8.82g (3.21%), Sugar: 1.98g (2.2%), Cholesterol: 97.42mg (32.47%), Sodium: 584.78mg (25.43%), Alcohol: 2.84g (15.79%), Protein: 3.01g (6.01%), Vitamin K: 139.24µg (132.61%), Vitamin A: 2850.28IU (57.01%), Zinc: 3.66mg (24.41%), Copper: 0.31mg (15.68%), Manganese: 0.31mg (15.66%), Vitamin B12: 0.84µg (14.01%), Folate: 52.95µg (13.24%), Vitamin C: 10.57mg (12.81%), Vitamin E: 1.45mg (9.68%), Iron: 1.69mg (9.38%), Vitamin B1: 0.12mg (7.75%), Selenium: 4.72µg (6.74%), Calcium: 60.17mg (6.02%), Potassium: 210.24mg (6.01%), Magnesium: 23.81mg (5.95%), Fiber: 1.43g (5.73%), Vitamin B2: 0.1mg (5.71%), Phosphorus: 53.6mg (5.36%), Vitamin B6: 0.1mg (5.13%), Vitamin B3: 0.9mg (4.5%), Vitamin D: 0.66µg (4.38%), Vitamin B5: 0.2mg (1.96%)