



Open-Faced Turkey Croissant with Pan-Fried Oysters

READY IN



34 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup japanese breadcrumbs
- ☐ 0.3 cup butter divided
- ☐ 6 ounces croissants split toasted
- ☐ 0.5 cup cooking sherry dry
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup flour
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.5 teaspoon salt
- ☐ 2 shallots minced
- ☐ 6.4 ounce mushroom caps sliced
- ☐ 12 shucked oysters drained
- ☐ 1 sprigs garnishes: tarragon lemon wedges
- ☐ 3 cups coarsely turkey dark shredded white cooked (and meat)
- ☐ 1 cup whipping cream

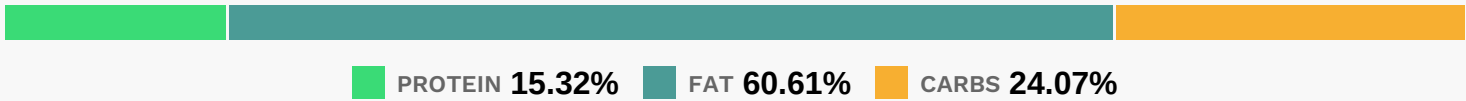
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Pat oysters dry with paper towels; dredge in flour, shaking off excess. Dip each oyster in egg; coat with breadcrumbs.
- ☐ Melt 2 tablespoons butter in a large nonstick skillet over medium heat; add oysters. Cook 2 minutes on each side or until golden; drain on paper towels, and keep warm. (Do not wipe out skillet.)
- ☐ Melt remaining 2 tablespoons butter in same skillet over medium-high heat; add shallots and mushrooms. Cook 4 to 5 minutes or until tender.
- ☐ Add sherry, scraping any brown bits from bottom of skillet; simmer 1 minute.
- ☐ Add cream; simmer 2 minutes.
- ☐ Add turkey and next 3 ingredients. Simmer 2 to 3 minutes or until turkey is heated through and sauce thickens. Spoon mixture over toasted croissant halves, and top with oysters.
- ☐ Garnish, if desired.
- ☐ *For testing purposes, we used Panko breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:66.08, Glycemic Load:12.63, Inflammation Score:-7, Nutrition Score:16.293478115745%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 488.18kcal (24.41%), Fat: 32.27g (49.65%), Saturated Fat: 18.42g (115.1%), Carbohydrates: 28.83g (9.61%), Net Carbohydrates: 26.4g (9.6%), Sugar: 6.49g (7.21%), Cholesterol: 148.34mg (49.45%), Sodium: 503.83mg (21.91%), Alcohol: 2.06g (100%), Alcohol %: 1.23% (100%), Protein: 18.35g (36.7%), Selenium: 26.72µg (38.17%), Vitamin B3: 6.7mg (33.5%), Vitamin B6: 0.54mg (26.85%), Manganese: 0.53mg (26.45%), Vitamin B2: 0.43mg (25.4%), Vitamin A: 1197.87IU (23.96%), Phosphorus: 231.16mg (23.12%), Zinc: 3mg (20.02%), Vitamin B1: 0.28mg (18.38%), Vitamin B12: 1.07µg (17.8%), Iron: 2.95mg (16.38%), Folate: 64.89µg (16.22%), Vitamin B5: 1.43mg (14.3%), Copper: 0.25mg (12.27%), Potassium: 425.3mg (12.15%), Magnesium: 43.74mg (10.93%), Fiber: 2.44g (9.75%), Calcium: 97.27mg (9.73%), Vitamin D: 1.05µg (7.01%), Vitamin E: 0.98mg (6.54%), Vitamin K: 3.29µg (3.13%), Vitamin C: 2.22mg (2.69%)