



Oyster in the Patty Shell

READY IN



115 min.

SERVINGS



7

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 tablespoons butter
- ☐ 0.5 pound button mushrooms chopped
- ☐ 0.3 teaspoon celery salt
- ☐ 1.5 ounces cream cheese
- ☐ 0.5 cup flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 1 cup milk

- ☐ 1 cup dozens oysters fresh drained chopped
- ☐ 7 servings parmesan grated for garnish
- ☐ 7 servings freshly parsley chopped for garnish
- ☐ 7 servings bell pepper
- ☐ 0.5 teaspoon salt

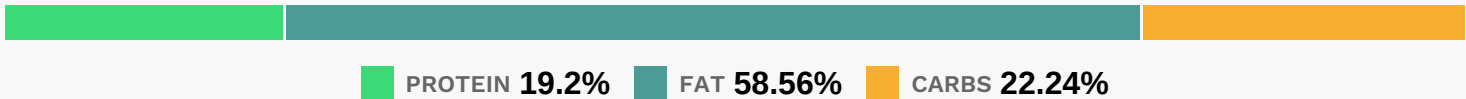
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin tray

Directions

- ☐ In a frying pan, saute the mushrooms in butter until tender. Blend in flour and cook until bubbly. Gradually add milk and cook until smooth and thickened, stirring constantly.
- ☐ Add salt, celery salt, pepper, lemon juice, and oysters. Cook over medium-low heat until oysters start to curl up, about 5 minutes, stirring occasionally.
- ☐ Preheat oven to 350 degrees F.
- ☐ Soften cream cheese and butter and blend well in a medium bowl. Stir in flour to form dough.
- ☐ Transfer dough into a plastic kitchen bag and chill in refrigerator for 1 hour.
- ☐ Remove from fridge and shape into 7 balls about 1/2-ounce each. Flatten and place in an ungreased 4-ounce cup muffin tin.
- ☐ Bake 30 to 40 minutes, or until golden.
- ☐ Fill crusts with oyster filling; garnish with parsley and Parmesan.
- ☐ Serve hot.
- ☐ Tip: For a quicker recipe, a store-bought mini-pie crust may be substituted.

Nutrition Facts



Properties

Glycemic Index:62.57, Glycemic Load:8.89, Inflammation Score:-10, Nutrition Score:23.472608701043%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 319.92kcal (16%), Fat: 21.23g (32.67%), Saturated Fat: 13.07g (81.67%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 15.8g (5.75%), Sugar: 6.03g (6.7%), Cholesterol: 57.94mg (19.31%), Sodium: 849.34mg (36.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Vitamin C: 101.64mg (123.2%), Vitamin K: 70.9µg (67.53%), Vitamin A: 3343.39IU (66.87%), Calcium: 422.66mg (42.27%), Phosphorus: 318.95mg (31.89%), Vitamin B2: 0.43mg (25.09%), Selenium: 15.96µg (22.8%), Zinc: 2.88mg (19.23%), Folate: 71.48µg (17.87%), Vitamin B6: 0.31mg (15.66%), Vitamin B12: 0.9µg (15.08%), Vitamin B3: 2.83mg (14.15%), Vitamin B1: 0.2mg (13.28%), Copper: 0.25mg (12.59%), Potassium: 392.48mg (11.21%), Vitamin B5: 1.11mg (11.13%), Vitamin E: 1.66mg (11.09%), Manganese: 0.21mg (10.36%), Iron: 1.71mg (9.53%), Fiber: 2.35g (9.4%), Magnesium: 35.38mg (8.85%), Vitamin D: 0.6µg (3.99%)