



Oyster Pan Roast

READY IN



45 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon butter softened
- 0.3 cup breadcrumbs dry fine
- 4 slices bread french 2-inch-thick ()
- 4 servings parsley fresh chopped
- 1 tablespoon rosemary fresh chopped
- 0.1 teaspoon ground pepper white
- 2 cups heavy whipping cream
- 20 select oysters rinsed drained

- 2 tablespoons parmesan cheese freshly grated
- 4 rosemary sprigs fresh
- 0.3 teaspoon salt divided
- 1 tablespoon shallots chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Combine breadcrumbs and cheese in a small bowl; set aside.
- Spread butter on 1 side of each bread slice.
- Combine 1/8 teaspoon salt and black pepper; sprinkle over butter.
- Place bread slices, buttered side up, on a baking sheet.
- Bake at 350 for 15 minutes or until lightly browned and crisp. Set aside.
- Combine cream and shallot in a 10-inch, ovenproof skillet; bring to a boil over medium-high heat, stirring often. Cook 15 minutes or until reduced to 1 cup, stirring often. Stir in remaining 1/8 teaspoon salt, chopped rosemary, and white pepper.
- Add oysters; cook 1 minute or until edges of oysters begin to curl.
- Remove from heat.
- Sprinkle with breadcrumb mixture. Broil 3 inches from heat 2 to 3 minutes or until golden brown.
- To serve, spear a rosemary sprig through each toasted bread slice; place a bread slice in each of 4 individual shallow bowls. Spoon oyster mixture around bread.
- Sprinkle with parsley.
- Serve immediately.

Nutrition Facts



PROTEIN 7.64% FAT 66.3% CARBS 26.06%

Properties

Glycemic Index:56.13, Glycemic Load:25.75, Inflammation Score:-9, Nutrition Score:20.276521827864%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 650.08kcal (32.5%), Fat: 48.65g (74.84%), Saturated Fat: 30.06g (187.87%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 40.86g (14.86%), Sugar: 7.13g (7.92%), Cholesterol: 146.97mg (48.99%), Sodium: 687.31mg (29.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.21%), Vitamin K: 70.78µg (67.41%), Vitamin A: 2242.73IU (44.85%), Selenium: 25.9µg (37%), Vitamin B1: 0.55mg (36.74%), Vitamin B2: 0.55mg (32.19%), Zinc: 3.98mg (26.53%), Folate: 100.03µg (25.01%), Manganese: 0.46mg (23.03%), Iron: 3.68mg (20.42%), Vitamin B3: 3.75mg (18.74%), Phosphorus: 175.86mg (17.59%), Copper: 0.34mg (17.15%), Calcium: 162.98mg (16.3%), Vitamin B12: 0.87µg (14.44%), Vitamin D: 1.92µg (12.78%), Magnesium: 37.97mg (9.49%), Vitamin E: 1.42mg (9.46%), Fiber: 2.17g (8.67%), Vitamin C: 6.57mg (7.97%), Potassium: 258.96mg (7.4%), Vitamin B6: 0.14mg (7.01%), Vitamin B5: 0.62mg (6.18%)