



Oyster Pan Roast with Horseradish Toast

READY IN



45 min.

SERVINGS



6

CALORIES



553 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 1.5 cups celery root diced finely
- ☐ 1 cup cooking sherry dry
- ☐ 30 dozens oysters fresh
- ☐ 1.5 cups parsnips diced finely
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 6 servings horseradish toast

☐

3 cups whipping cream

Equipment

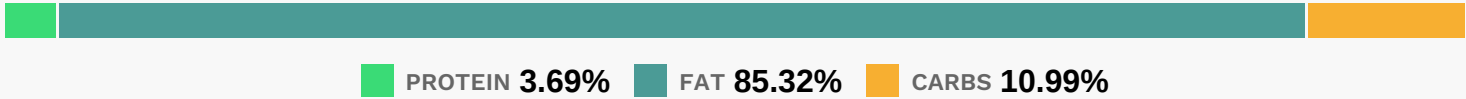
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dutch oven

Directions

- ☐
- Shuck oysters, reserving oyster liquor.
- ☐
- Serve with Horseradish Toast.
- ☐
- Melt butter in a large Dutch oven over medium heat.
- ☐
- Add celery root, parsnips, and 1/8 teaspoon salt; saut 9 minutes or until soft.
- ☐
- Add sherry, and increase heat to medium-high. Cook 8 minutes or until sherry is syrupy.
- ☐
- Add cream, reduce heat to medium, and cook 23 minutes or until thickened.
- ☐
- Add oysters and liquor, 1/4 teaspoon salt, and pepper; cook 2 minutes or until edges of oysters begin to curl.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:3.44, Inflammation Score:-8, Nutrition Score:12.669565117877%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.94mg, Apigenin: 0.94mg, Apigenin: 0.94mg, Apigenin: 0.94mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 553.24kcal (27.66%), Fat: 51.01g (78.48%), Saturated Fat: 32.32g (201.99%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 12.41g (4.51%), Sugar: 6.18g (6.86%), Cholesterol: 157.62mg (52.54%), Sodium: 294.5mg (12.8%), Alcohol: 4.12g (100%), Alcohol %: 2.1% (100%), Protein: 4.97g (9.94%), Vitamin A: 1989.2IU (39.78%), Vitamin K: 28.34µg (26.99%), Zinc: 3.43mg (22.84%), Vitamin B2: 0.28mg (16.63%), Manganese: 0.33mg (16.59%), Phosphorus: 154.9mg (15.49%), Copper: 0.28mg (14.23%), Vitamin B12: 0.82µg (13.65%), Vitamin E: 2.01mg

(13.42%), Vitamin D: 1.9µg (12.69%), Calcium: 118.93mg (11.89%), Vitamin C: 9.49mg (11.5%), Potassium: 398.77mg (11.39%), Fiber: 2.38g (9.51%), Selenium: 6.27µg (8.96%), Folate: 32.39µg (8.1%), Vitamin B6: 0.16mg (7.96%), Magnesium: 31.63mg (7.91%), Vitamin B5: 0.69mg (6.88%), Iron: 1.06mg (5.91%), Vitamin B1: 0.08mg (5.41%), Vitamin B3: 0.73mg (3.67%)