



Oyster Pie

READY IN



45 min.

SERVINGS



12

CALORIES



202 kcal

Ingredients

- 14 tablespoons butter unsalted plus more for dish ()
- 1.5 quarts dozens oysters
- 7 spring onion white finely chopped
- 1 teaspoon worcestershire sauce
- 0.8 teaspoon all the tabasco sauce you handle
- 1 cup parsley fresh chopped
- 1 teaspoon salt
- 0.3 teaspoon pepper black freshly ground
- 3 cups cracker crumbs crumbled (46 crackers)
- 3 tablespoons frangelico

Equipment

- bowl
- frying pan
- oven
- baking pan
- pie form

Directions

- Heat oven to 450 degrees with rack in center. Butter a shallow 9- to 10-inch baking or pie dish.
- Drain oysters, reserving the liquid. Check oysters for shells, and discard shells. Melt 3 tablespoons butter over medium heat in a medium skillet, and cook scallions until soft, 3 minutes. Stir in Worcestershire sauce and Tabasco Sauce.
- Transfer mixture to a medium bowl, and let cool.
- Stir in oysters, 1/4 cup parsley, salt, and pepper. In a medium bowl, combine cracker crumbs and remaining 3/4 cup parsley. Melt remaining 11 tablespoons butter, and stir into crumb mixture. In a small bowl, combine 1/4 cup of the reserved oyster liquid with half-and-half.
- Spread an even, thin layer of the crumb mixture in the bottom of the baking dish. Cover with one-third of the oyster mixture. Cover with 1/2 cup crumb mixture, followed by one-third of the oyster liquid. Continue until all ingredients are used, two more times, ending with crumb mixture.
- Bake until golden brown on top, 25 to 35 minutes.
- Serve hot.

Nutrition Facts

PROTEIN 4.26% **FAT 74.62%** **CARBS 21.12%**

Properties

Glycemic Index:8, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:11.635652148205%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 201.5kcal (10.08%), Fat: 16.99g (26.13%), Saturated Fat: 9.27g (57.96%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 10.11g (3.68%), Sugar: 1.56g (1.74%), Cholesterol: 39.85mg (13.28%), Sodium: 354.98mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin K: 105.33µg (100.32%), Zinc: 4.84mg (32.25%), Copper: 0.37mg (18.73%), Vitamin A: 905.39IU (18.11%), Vitamin B12: 1.06µg (17.71%), Vitamin C: 8.22mg (9.96%), Iron: 1.67mg (9.26%), Vitamin E: 1.08mg (7.2%), Manganese: 0.14mg (7.09%), Phosphorus: 62.23mg (6.22%), Folate: 24.26µg (6.07%), Vitamin B1: 0.08mg (5.19%), Vitamin B3: 0.96mg (4.78%), Calcium: 46.8mg (4.68%), Selenium: 3.24µg (4.62%), Vitamin B2: 0.07mg (3.96%), Fiber: 0.7g (2.81%), Potassium: 92.2mg (2.63%), Magnesium: 9.36mg (2.34%), Vitamin D: 0.25µg (1.63%), Vitamin B5: 0.13mg (1.26%), Vitamin B6: 0.02mg (1.12%)