



Oyster Rocks at the Rib

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 tablespoons butter melted
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 6 servings hot sauce for serving
- ☐ 6 servings lemon wedges for serving
- ☐ 1 medium onion minced
- ☐ 24 dozens oysters raw fresh
- ☐ 1 cup parmesan grated

- ☐ 6 large slices provolone cheese quartered
- ☐ 2.5 pounds pkt spinach fresh steamed drained
- ☐ 6 large slices tomatoes red ripe quartered
- ☐ 0.3 cup white wine

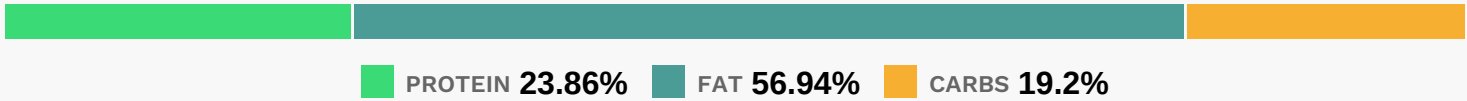
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a small bowl combine the spinach, onion, Parmesan, butter, wine,cayenne pepper, and black pepper. Shuck the oysters and leave them on the half shell. Top with a heaping tablespoon of the spinach mixture and arrange them on a baking sheet.
- ☐ Bake for approximately 10 minutes.
- ☐ Remove from theoven and top each with a slice of tomato and cheese. Return to the oven and bake until the cheese melts.
- ☐ Transfer the oysters to a serving platter and serve with a wedge of lemon andgood hot sauce. Enjoy!

Nutrition Facts



Properties

Glycemic Index:50.92, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:34.750869535882%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin:

0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 12.18mg, Kaempferol: 12.18mg, Kaempferol: 12.18mg, Kaempferol: 12.18mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

Nutrients (% of daily need)

Calories: 199.05kcal (9.95%), Fat: 13.03g (20.05%), Saturated Fat: 7.87g (49.16%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 5.29g (1.92%), Sugar: 1.92g (2.13%), Cholesterol: 34.33mg (11.44%), Sodium: 492.38mg (21.41%), Alcohol: 1.03g (100%), Alcohol %: 0.52% (100%), Protein: 12.28g (24.57%), Vitamin K: 914.47µg (870.92%), Vitamin A: 18176.24IU (363.52%), Folate: 372.65µg (93.16%), Manganese: 1.78mg (88.84%), Vitamin C: 55.33mg (67.07%), Magnesium: 161.68mg (40.42%), Calcium: 404.01mg (40.4%), Potassium: 1125.62mg (32.16%), Iron: 5.63mg (31.26%), Vitamin E: 4.2mg (28.01%), Vitamin B2: 0.43mg (25.45%), Zinc: 3.75mg (25.02%), Phosphorus: 229.19mg (22.92%), Copper: 0.42mg (21.14%), Vitamin B6: 0.42mg (20.99%), Fiber: 4.6g (18.39%), Vitamin B12: 0.72µg (12.01%), Vitamin B1: 0.17mg (11.07%), Selenium: 7.11µg (10.16%), Vitamin B3: 1.53mg (7.63%), Vitamin B5: 0.26mg (2.58%)