



Oyster Skillet

 **Gluten Free**

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beer
- ☐ 4 tablespoons butter
- ☐ 6 slices bacon cooked
- ☐ 8 eggs
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 2 teaspoons garlic powder
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons onion minced

- ☐ 1 tablespoon pepper sauce hot recommended: Texas Pete's
- ☐ 1 pint shucked oysters for shells
- ☐ 1 cup swiss cheese shredded
- ☐ 1 tomatoes diced

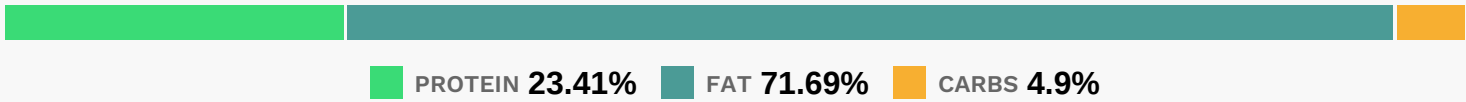
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Drain and pat dry oysters. In a skillet, saute onions in butter until translucent, about 5 minutes.
- ☐ Add oysters and cook until edges curl, about 30 seconds.
- ☐ Remove from heat.
- ☐ In a bowl, whisk together eggs, beer, salt, garlic powder and hot sauce.
- ☐ Pour egg mixture over oysters and cook on low, stirring until eggs are almost set.
- ☐ Sprinkle shredded cheese on top and cook until eggs are set, about 15 minutes. Crumble bacon on top and add chopped parsley and diced tomatoes before serving. Season with salt, if desired.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:21.391739150752%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 414.44kcal (20.72%), Fat: 32.61g (50.17%), Saturated Fat: 16.38g (102.37%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.35g (1.58%), Sugar: 1.52g (1.69%), Cholesterol: 399.18mg (133.06%), Sodium: 857.52mg (37.28%), Alcohol: 0.58g (100%), Alcohol %: 0.35% (100%), Protein: 23.96g (47.92%), Selenium: 44.17µg (63.1%), Zinc: 7.48mg (49.84%), Vitamin B12: 2.79µg (46.52%), Phosphorus: 409.24mg (40.92%), Vitamin K: 37.07µg (35.31%), Vitamin B2: 0.54mg (32.05%), Calcium: 310.44mg (31.04%), Vitamin A: 1488.8IU (29.78%), Copper: 0.46mg (23%), Vitamin B5: 1.7mg (17.03%), Vitamin B6: 0.31mg (15.29%), Iron: 2.56mg (14.23%), Folate: 55.43µg (13.86%), Vitamin D: 1.81µg (12.05%), Vitamin C: 9.69mg (11.75%), Vitamin E: 1.76mg (11.72%), Potassium: 340.18mg (9.72%), Vitamin B3: 1.77mg (8.84%), Vitamin B1: 0.13mg (8.8%), Magnesium: 32.69mg (8.17%), Manganese: 0.13mg (6.33%), Fiber: 0.66g (2.66%)