



Oysters Bienville

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.7 cup chicken broth
- ☐ 0.3 cup wine dry white
- ☐ 1 egg yolk
- ☐ 2 tablespoons flour
- ☐ 4 servings whipped cream
- ☐ 0.5 cup mushrooms chopped
- ☐ 24 dozens oysters
- ☐ 0.3 cup parmesan cheese grated

- ☐ 4 servings ground pepper to taste
- ☐ 0.5 cup seasoned bread crumbs
- ☐ 1 bunch shallots finely chopped

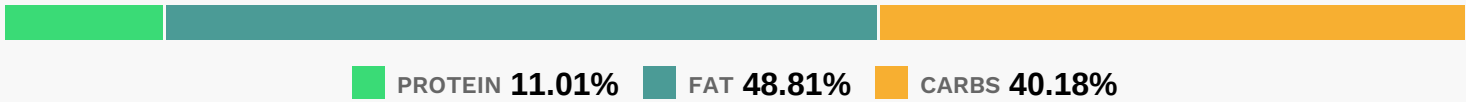
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Sauté the chopped shallots in the butter and slowly stir over a very low heat until the onions are well cooked, but not brown.
- ☐ Sprinkle the shallots with the flour and cook until the flour begins to brown.
- ☐ Add the chicken broth and the mushrooms and mix well. Beat the egg yolk into the wine and add to the chicken broth mixture, beating all the while. Season with the salt and cayenne, and cook over a low heat for 15 minutes.
- ☐ Heat a pan of ice cream salt in a 400-degree oven for 15 minutes.
- ☐ Place the oysters on the half shell in the hot ice cream salt and return to the oven for about 5 minutes. Spoon the sauce over each oyster and sprinkle with a mixture of the bread crumbs and cheese. Return to the oven and bake until the bread crumb mixture is lightly browned. Two dozen oysters served this way will serve four.
- ☐ From La Bouche Creole by Leon Soniat, (C) Pelican Publishing Company

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:11.66, Inflammation Score:-7, Nutrition Score:13.133913164553%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg,

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 330.93kcal (16.55%), Fat: 17.35g (26.69%), Saturated Fat: 9.81g (61.3%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 30.17g (10.97%), Sugar: 15.77g (17.53%), Cholesterol: 102.42mg (34.14%), Sodium: 564.5mg (24.54%), Alcohol: 2.06g (100%), Alcohol %: 1.42% (100%), Protein: 8.8g (17.61%), Zinc: 4.54mg (30.28%), Vitamin A: 1437.38IU (28.75%), Vitamin B2: 0.39mg (22.78%), Vitamin B12: 1.24µg (20.69%), Selenium: 14.07µg (20.1%), Phosphorus: 188.4mg (18.84%), Calcium: 186.81mg (18.68%), Copper: 0.36mg (17.8%), Vitamin B1: 0.24mg (15.85%), Manganese: 0.3mg (14.94%), Vitamin B3: 2.02mg (10.12%), Iron: 1.81mg (10.06%), Folate: 40.2µg (10.05%), Vitamin K: 9.51µg (9.06%), Vitamin B5: 0.87mg (8.68%), Potassium: 301.72mg (8.62%), Vitamin E: 1.23mg (8.23%), Fiber: 1.97g (7.88%), Vitamin B6: 0.15mg (7.75%), Magnesium: 27.59mg (6.9%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.43µg (2.87%)