



Oysters Bienville Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup cooking sherry dry
- 1.5 cups milk fat-free divided
- 0.3 cup flour all-purpose
- 1 tablespoon chives fresh chopped
- 1 cup mushrooms fresh sliced
- 2 slices lower sodium bacon
- 16 ounce standard oysters undrained
- 0.3 teaspoon pepper freshly ground
- 0.8 teaspoon salt

- 1 large shallots minced
- 0.5 pound shrimp peeled
- 4 ounce bread white toasted

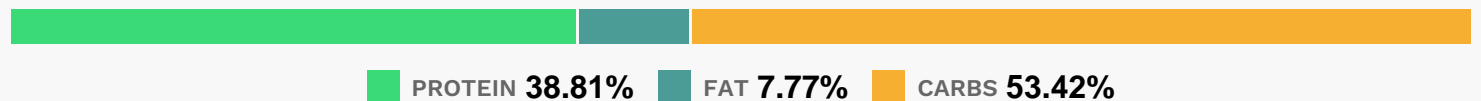
Equipment

- frying pan
- whisk

Directions

- Drain oysters, reserving 1/4 cup liquid; set oysters and liquid aside.
- Cook bacon in a large nonstick skillet over medium heat until crisp; drain, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside.
- Add shallots and mushrooms to pan; cook, stirring constantly, over medium-high heat 3 minutes.
- Add reserved oyster liquid; cook 1 minute, stirring well. Reduce heat to medium.
- Combine flour and 1/4 cup milk, stirring with a whisk until smooth; stir in remaining milk.
- Add milk mixture to mushroom mixture; bring to a simmer over medium heat. Cook 3 minutes or until mixture thickens, stirring frequently. Stir in sherry, oysters, shrimp, salt, and pepper; bring mixture to a simmer. Cook 2 minutes or until shrimp turn pink.
- Cut toasted bread in half diagonally; place 2 toast points on each of 4 individual serving plates. Spoon mixture evenly over toast points.
- Sprinkle with crumbled bacon and chives.

Nutrition Facts



Properties

Glycemic Index:84.26, Glycemic Load:16.26, Inflammation Score:-5, Nutrition Score:14.688695549965%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 213.1kcal (10.65%), Fat: 1.75g (2.69%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 25.72g (9.35%), Sugar: 7.37g (8.19%), Cholesterol: 98.58mg (32.86%), Sodium: 706.94mg (30.74%), Alcohol: 1.54g (100%), Alcohol %: 0.8% (100%), Protein: 19.67g (39.33%), Zinc: 6.11mg (40.75%), Copper: 0.68mg (34%), Phosphorus: 299.67mg (29.97%), Vitamin B12: 1.53µg (25.58%), Calcium: 231.29mg (23.13%), Selenium: 15.64µg (22.34%), Vitamin B2: 0.34mg (19.97%), Vitamin B1: 0.28mg (18.89%), Manganese: 0.35mg (17.26%), Vitamin B3: 2.93mg (14.66%), Folate: 55.78µg (13.94%), Potassium: 475.91mg (13.6%), Iron: 2.4mg (13.35%), Magnesium: 48.14mg (12.04%), Vitamin B5: 0.93mg (9.29%), Vitamin B6: 0.14mg (7.13%), Vitamin D: 1.06µg (7.06%), Fiber: 1.36g (5.43%), Vitamin A: 226.28IU (4.53%), Vitamin K: 2.11µg (2.01%), Vitamin C: 1.44mg (1.75%), Vitamin E: 0.17mg (1.16%)