



Oysters Chesapeake

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter melted
- ☐ 1 tablespoon chives minced
- ☐ 2 bacon crumbled cooked drained ()
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 6.5 ounce lump crab meat undrained canned
- ☐ 0.1 teaspoon salt
- ☐ 12 shucked oysters

☐ 1 ounce bread white

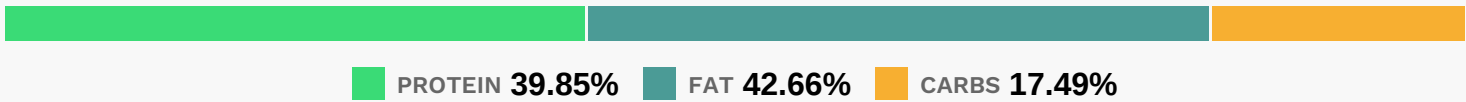
Equipment

- ☐ food processor
- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 7 ingredients in a medium bowl; stir gently.
- ☐ Place bread in a food processor; process until coarse crumbs measure 1/2 cup.
- ☐ Combine breadcrumbs and butter in a small bowl.
- ☐ Arrange oysters on a broiler pan. Spoon about 1 tablespoon crab mixture over each oyster; sprinkle each with about 1 teaspoon breadcrumb mixture. Broil 7 minutes or until tops are browned and oysters are done.
- ☐ Serve with lemon wedges and garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:1.67, Inflammation Score:-2, Nutrition Score:7.235652073246%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 75.24kcal (3.76%), Fat: 3.48g (5.35%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.45g (0.51%), Cholesterol: 20.6mg (6.87%), Sodium: 422.21mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.62%), Vitamin B12: 3.06µg (50.94%), Selenium: 14.44µg

(20.63%), Zinc: 3.08mg (20.52%), Copper: 0.37mg (18.74%), Phosphorus: 89.76mg (8.98%), Folate: 20.14µg (5.03%), Magnesium: 18.45mg (4.61%), Vitamin B3: 0.88mg (4.38%), Vitamin B1: 0.05mg (3.67%), Vitamin K: 3.76µg (3.58%), Vitamin B6: 0.07mg (3.36%), Calcium: 32.84mg (3.28%), Vitamin C: 2.48mg (3%), Iron: 0.52mg (2.87%), Potassium: 98.03mg (2.8%), Manganese: 0.06mg (2.76%), Vitamin B2: 0.04mg (2.29%), Vitamin B5: 0.17mg (1.75%), Vitamin A: 68.84IU (1.38%), Vitamin E: 0.18mg (1.2%)