



Oysters Florentine

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

Ingredients

- ☐ 0.5 cup bottled clam juice divided
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 clove garlic minced
- ☐ 1.5 teaspoons garlic divided minced
- ☐ 1.5 teaspoons juice of lemon
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 36 oysters on the half shell
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper divided

- ☐ 4 pound rock salt
- ☐ 2 tablespoons shallots minced
- ☐ 1 pound pkt spinach fresh

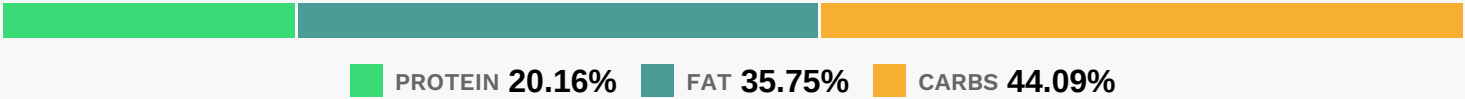
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ colander

Directions

- ☐ Remove and discard stems from spinach. Wash leaves; pat dry. Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add one-third of spinach; saute 1 minute or until wilted. Set aside. Repeat procedure twice. Chop spinach.
- ☐ Coat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add shallots and 1 clove minced garlic; saute until tender. Stir in spinach and 1/8 teaspoon pepper.
- ☐ Combine 1 tablespoon clam juice and cornstarch.
- ☐ Combine remaining clam juice, lemon juice, and 1/2 teaspoon garlic in a saucepan; bring to a boil. Reduce heat; simmer 1 minute. Stir in cornstarch mixture. Cook, stirring constantly, until mixture is thickened. Stir in remaining 1/8 teaspoon pepper.
- ☐ Combine breadcrumbs, cheese, melted margarine, and remaining 1 teaspoon garlic.
- ☐ Scrape a knife between oysters and shells to free meat; set shells aside.
- ☐ Place oysters in a colander to drain.
- ☐ Sprinkle rock salt in two 15- x 10- x 1-inch jellyroll pans; arrange reserved shells on salt.
- ☐ Place 1 oyster in each half shell. Top with spinach mixture; drizzle with sauce.
- ☐ Sprinkle with breadcrumb mixture. Broil 3 inches from heat (with electric oven door partially opened) 4 minutes.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.61, Inflammation Score:-10, Nutrition Score:23.146521657057%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 4.83mg, Kaempferol: 4.83mg, Kaempferol: 4.83mg, Kaempferol: 4.83mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 89.88kcal (4.49%), Fat: 3.78g (5.81%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 8.37g (3.04%), Sugar: 1.61g (1.79%), Cholesterol: 6.99mg (2.33%), Sodium: 117469mg (5107.35%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin K: 365.78µg (348.36%), Vitamin A: 7242.25IU (144.84%), Manganese: 1.1mg (54.91%), Folate: 155.35µg (38.84%), Zinc: 4.3mg (28.64%), Vitamin C: 23.37mg (28.33%), Copper: 0.46mg (22.82%), Iron: 3.77mg (20.96%), Calcium: 203.67mg (20.37%), Magnesium: 69.95mg (17.49%), Potassium: 512.71mg (14.65%), Vitamin B12: 0.82µg (13.59%), Vitamin E: 1.73mg (11.53%), Vitamin B2: 0.19mg (11.09%), Vitamin B6: 0.2mg (9.94%), Phosphorus: 85.95mg (8.59%), Fiber: 2.11g (8.43%), Selenium: 5.62µg (8.03%), Vitamin B1: 0.11mg (7.63%), Vitamin B3: 0.99mg (4.95%), Vitamin B5: 0.14mg (1.44%)