



Oysters Rockefeller

READY IN



300 min.

SERVINGS



10

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 oz baby spinach packed finely chopped
- ☐ 3 slices bacon
- ☐ 3 tablespoons breadcrumbs fresh (preferably from a day-old baguette)
- ☐ 1 pinch ground pepper
- ☐ 2 teaspoons celery minced
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 10 cups kosher salt for baking and serving (3 lb)
- ☐ 20 small dozens oysters picked over scrubbed for shell fragments and shells well
- ☐ 1 teaspoon rum

- ☐ 3 tablespoons spring onion finely chopped
- ☐ 3.5 tablespoons butter unsalted
- ☐ 0.8 cup watercress packed finely chopped (2 oz before discarding coarse stems)

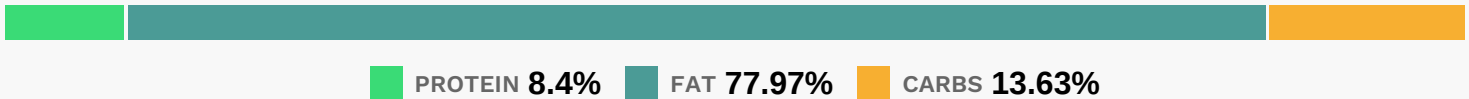
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss together watercress, spinach, scallion greens, parsley, celery, and 1 tablespoon plus 1 teaspoon bread crumbs in a bowl. Melt butter in a 10-inch heavy skillet over moderate heat, then add watercress mixture and cook, stirring, until spinach is wilted, 1 to 2 minutes. Stir in Pernod, cayenne, and salt and pepper to taste, then transfer mixture to a bowl and chill, covered, until cold, about 1 hour.
- ☐ Put oven rack in middle position and preheat oven to 450°F.
- ☐ While watercress mixture chills, cook bacon in cleaned skillet over moderate heat, turning, until crisp, then drain on paper towels and finely crumble.
- ☐ Spread 5 cups kosher salt in a large shallow baking pan (1 inch deep) and nestle oysters (in shells) in it. Spoon watercress mixture evenly over oysters, then top with bacon and sprinkle with remaining tablespoon plus 2 teaspoons bread crumbs.
- ☐ Bake oysters until edges of oysters begin to curl and bread crumbs are golden, about 10 minutes.
- ☐ Serve warm oysters in shells, nestled in kosher salt (about 5 cups), on a platter.

Nutrition Facts



Properties

Glycemic Index:20.7, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:6.0900000541107%

Flavonoids

Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 79.13kcal (3.96%), Fat: 6.83g (10.5%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.38g (0.86%), Sugar: 0.29g (0.32%), Cholesterol: 16.01mg (5.34%), Sodium: 113247.28mg (4923.79%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 1.65g (3.31%), Vitamin K: 35.78µg (34.08%), Manganese: 0.37mg (18.69%), Vitamin A: 622.17IU (12.44%), Zinc: 1.55mg (10.36%), Copper: 0.19mg (9.42%), Calcium: 87.79mg (8.78%), Iron: 1.43mg (7.93%), Vitamin B12: 0.3µg (4.95%), Selenium: 3.05µg (4.36%), Vitamin C: 3.07mg (3.72%), Vitamin B1: 0.05mg (3.65%), Folate: 13.24µg (3.31%), Vitamin B3: 0.54mg (2.72%), Potassium: 87.32mg (2.49%), Magnesium: 9.81mg (2.45%), Phosphorus: 22.91mg (2.29%), Vitamin B2: 0.03mg (2.02%), Vitamin E: 0.29mg (1.93%), Vitamin B6: 0.04mg (1.76%), Fiber: 0.31g (1.24%)