



Oysters Rockefeller

READY IN



40 min.

SERVINGS



4

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons anise liqueur
- ☐ 2 cups baby spinach coarsely chopped
- ☐ 0.3 cup butter
- ☐ 4 servings cayenne to taste
- ☐ 2 tablespoons celery diced finely
- ☐ 2 strips bacon crumbled cooked
- ☐ 2 cloves garlic chopped
- ☐ 2 green onion sliced
- ☐ 24 dozens oysters

- ☐ 0.5 cup panko breadcrumbs
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 2 tablespoons parsley chopped

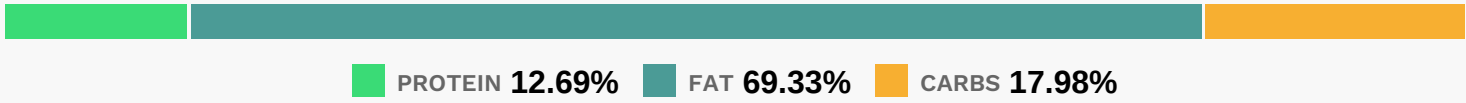
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Shuck the oysters placing them in a baking pan filled with rock salt to keep them level and prevent the juices from spilling.Melt the butter in a pan over medium heat, add the garlic, saute until fragrant, about a minute and mix half of the garlic butter into the breadcrumbs.
- ☐ Add the spinach, green onion and celery to the pan and cook until the spinach wilts.
- ☐ Add the anise liqueur, deglaze the pan and allow most of the liquid to evaporate and remove from heat before seasoning with cayenne, salt and pepper to taste.
- ☐ Mix the parsley and parmesan into the breadcrumbs.
- ☐ Place a heaping teaspoon of the mixture onto each oyster followed by some bacon and the breadcrumbs.
- ☐ Bake in a preheated 450F oven until golden brown, about 10-15 minutes.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:15.029130337031%

Flavonoids

Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 197.85kcal (9.89%), Fat: 15.64g (24.07%), Saturated Fat: 8.96g (56.02%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 7.71g (2.8%), Sugar: 0.86g (0.96%), Cholesterol: 42.07mg (14.02%), Sodium: 532.25mg (23.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin K: 120.55µg (114.81%), Vitamin A: 2070.81IU (41.42%), Zinc: 4.02mg (26.82%), Manganese: 0.34mg (17.1%), Copper: 0.33mg (16.32%), Vitamin B12: 0.9µg (15.07%), Iron: 2.6mg (14.47%), Calcium: 142.27mg (14.23%), Folate: 47.24µg (11.81%), Vitamin C: 9.23mg (11.18%), Phosphorus: 110.01mg (11%), Selenium: 7.69µg (10.98%), Vitamin B1: 0.13mg (8.69%), Magnesium: 28.98mg (7.25%), Vitamin B2: 0.12mg (7.08%), Potassium: 227.94mg (6.51%), Vitamin B3: 1.3mg (6.5%), Vitamin B6: 0.12mg (5.75%), Fiber: 1.42g (5.69%), Vitamin E: 0.8mg (5.34%), Vitamin B5: 0.21mg (2.14%)