



Oysters Rockefeller

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby spinach leaves
- ☐ 2 to 3 celery leaves chopped
- ☐ 1 teaspoon chervil fresh chopped
- ☐ 2 tablespoons anise-flavored liqueur
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.3 cup fennel bulb chopped
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon hot sauce

- ☐ 6 servings garnish: lemon wedges
- ☐ 24 oysters on the half shell fresh
- ☐ 0.3 teaspoon pepper
- ☐ 4 pound rock salt
- ☐ 6 servings rock salt
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter unsalted divided

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Melt 3 tablespoons butter in a skillet over medium-high heat; add parsley and next 4 ingredients. Saut 2 to 3 minutes.
- ☐ Add watercress, and cook 2 to 3 minutes or until wilted. Cool.
- ☐ Pulse parsley mixture in food processor with the remaining 13 tablespoons butter, breadcrumbs, and liqueur until smooth, stopping to scrape down sides.
- ☐ Add salt, pepper, and hot sauce.
- ☐ Fill pie pans or a large baking sheet with 2 pounds rock salt. Dampen salt slightly, and arrange oysters on the beds of salt.
- ☐ Top each oyster with a spoonful of the parsley mixture.
- ☐ Bake at 450 about 12 to 15 minutes or until lightly browned and bubbly.
- ☐ Serve on a bed of rock salt, and garnish, if desired.
- ☐ Note: For testing purposes, we used Pernod for anise-flavored liqueur.

Nutrition Facts



Properties

Glycemic Index:38.42, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:13.588260878687%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 322.12kcal (16.11%), Fat: 31.22g (48.03%), Saturated Fat: 19.56g (122.23%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 7.32g (2.66%), Sugar: 3.12g (3.47%), Cholesterol: 83.58mg (27.86%), Sodium: 117561.92mg (5111.39%), Alcohol: 1.09g (100%), Alcohol %: 0.36% (100%), Protein: 2.03g (4.06%), Vitamin K: 144.54µg (137.66%), Vitamin A: 2356.5IU (47.13%), Manganese: 0.5mg (24.97%), Zinc: 2.76mg (18.39%), Copper: 0.3mg (15.02%), Vitamin C: 11.29mg (13.68%), Iron: 2.25mg (12.48%), Calcium: 118.69mg (11.87%), Folate: 38.89µg (9.72%), Vitamin B12: 0.58µg (9.59%), Vitamin E: 1.22mg (8.12%), Vitamin B1: 0.08mg (5.09%), Selenium: 3.47µg (4.95%), Magnesium: 19.51mg (4.88%), Potassium: 168.1mg (4.8%), Vitamin B2: 0.07mg (4.18%), Vitamin D: 0.57µg (3.78%), Fiber: 0.93g (3.73%), Phosphorus: 36.02mg (3.6%), Vitamin B3: 0.65mg (3.26%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.13mg (1.29%)