



Oysters Rockefeller



Dairy Free



Popular

READY IN



60 min.

SERVINGS



24

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon anise liqueur flavored
- ☐ 2 slices bacon
- ☐ 0.3 cup bread crumbs
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 4 cups kosher salt
- ☐ 1 dash pepper sauce hot

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups pkt spinach cooked

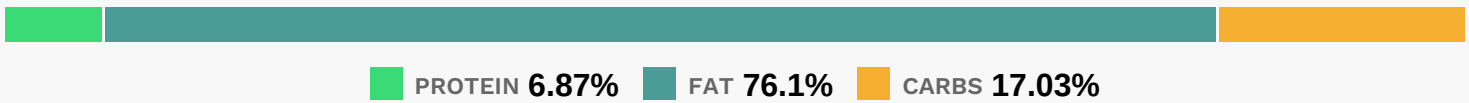
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 450 degrees F (220 degrees C).
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ Clean oysters and place in a large stockpot.
- ☐ Pour in enough water to cover oysters; bring the water and oysters to a boil.
- ☐ Remove from heat and drain and cool oysters. When cooled break the top shell off of each oyster.
- ☐ Using a food processor, chop the bacon, spinach, bread crumbs, green onions, and parsley.
- ☐ Add the salt, hot sauce, olive oil and anise-flavored liqueur and process until finely chopped but not pureed, about 10 seconds.
- ☐ Arrange the oysters in their half shells on a pan with kosher salt. Spoon some of the spinach mixture on each oyster.
- ☐ Bake 10 minutes until cooked through, then change the oven's setting to broil and broil until browned on top.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:4.21, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:1.7973913033695%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 30.15kcal (1.51%), Fat: 2.58g (3.97%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.13g (0.14%), Cholesterol: 1.21mg (0.4%), Sodium: 18935.69mg (823.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin K: 15.1µg (14.38%), Manganese: 0.08mg (4.17%), Vitamin A: 201.19IU (4.02%), Vitamin E: 0.31mg (2.04%), Iron: 0.36mg (1.99%), Calcium: 17.94mg (1.79%), Folate: 6.17µg (1.54%), Vitamin B1: 0.02mg (1.47%), Copper: 0.02mg (1.18%), Selenium: 0.82µg (1.18%), Vitamin C: 0.96mg (1.17%)