



Oysters with an Herbed Crust

READY IN



24 min.

SERVINGS



2

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons bread crumbs
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 6 dozens oysters cleaned
- ☐ 0.3 cup parmesan fresh grated
- ☐ 1 pinch salt and pepper black freshly ground

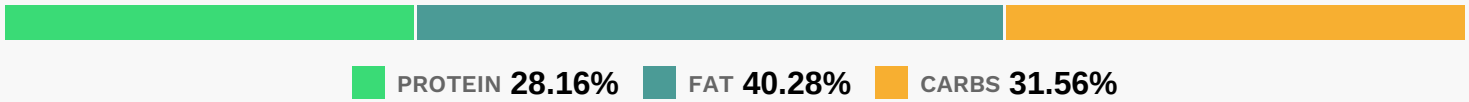
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven 500 degrees F. Line a baking sheet with foil.
- ☐ Arrange the oysters in the reserved shells on the baking sheet. In a small bowl mix the bread crumbs, mint, dill, chives, cheese, salt and pepper.
- ☐ Place a tablespoon of bread crumb mixture over each oyster and bake until oysters are just cooked through and the topping is golden, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:6.9117390850316%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 111.67kcal (5.58%), Fat: 4.98g (7.66%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 7.84g (2.85%), Sugar: 0.84g (0.93%), Cholesterol: 13.01mg (4.34%), Sodium: 345.66mg (15.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Calcium: 234.07mg (23.41%), Zinc: 2.33mg (15.54%), Phosphorus: 141.97mg (14.2%), Selenium: 7.13µg (10.18%), Vitamin A: 506.15IU (10.12%), Vitamin B12: 0.6µg (10.04%), Manganese: 0.19mg (9.45%), Copper: 0.17mg (8.67%), Vitamin B1: 0.11mg (7.38%), Vitamin K: 7.46µg (7.1%), Vitamin B2: 0.12mg (6.91%), Iron: 1.15mg (6.37%), Folate: 21.62µg (5.4%), Magnesium: 17.95mg (4.49%), Vitamin C: 3.67mg (4.45%), Vitamin B3: 0.86mg (4.29%), Fiber: 0.95g (3.78%), Potassium: 82.43mg (2.36%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.17mg (1.69%)