



Roasted Oysters with Lemon-Anise Stuffing

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons anise liqueur (such as ouzo)
- ☐ 2 teaspoons butter
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon fennel fronds chopped
- ☐ 1.5 cups fennel bulb finely chopped
- ☐ 1 garlic clove minced
- ☐ 1 Dash ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1.5 ounces parmigiano-reggiano cheese fresh shredded
- ☐ 12 shucked oysters
- ☐ 1.5 ounce bread white

Equipment

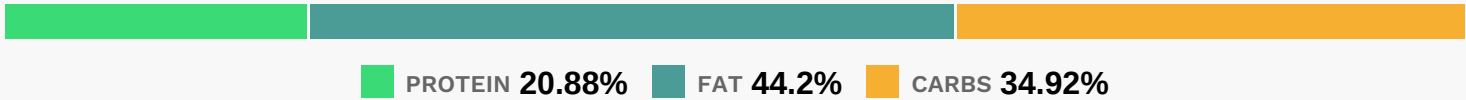
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Place bread in a food processor; pulse 7 times or until coarse crumbs measure about 1 cup.
- ☐ Place on a baking sheet.
- ☐ Bake at 350 for 8 minutes or until toasted.
- ☐ Transfer to a plate; cool.
- ☐ Position oven rack to the top one-third of the oven. Increase oven temperature to 425
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add fennel and garlic to pan; cook 2 minutes, stirring often.
- ☐ Add broth and salt; cover and cook 5 minutes or until fennel is tender. Uncover and cook 2 minutes or until liquid evaporates. Stir in liqueur; cook 1 minute or until liqueur evaporates.
- ☐ Transfer fennel mixture to a bowl; add breadcrumbs, cheese, fennel fronds, rind, juice, and red pepper. Toss to combine.
- ☐ Arrange oysters in a single layer on a large baking pan. Top each oyster with about 1 tablespoon fennel mixture.
- ☐ Bake at 425 for 10 minutes or until the edges of the oysters begin to curl and the stuffing is lightly browned.

- ☐
- Serve immediately.
- ☐
- Wine note: Contrast the rich texture of these oysters with a cold, crisp chablis. A classic partner for oysters, chablis brings out the mineral quality of these prized shellfish while its palate-cleansing acidity nicely slices the butter- and cheese-laced stuffing. William Fevre Chablis Champs Royaux 2007 (\$2
- ☐
- is a good entry-level chablis, with its orchard fruit and floral aromas, lively citrus flavor, and steely finish. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:77.19, Glycemic Load:4.63, Inflammation Score:-3, Nutrition Score:7.881304340518%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 114.25kcal (5.71%), Fat: 5.82g (8.95%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 8.47g (3.08%), Sugar: 2.21g (2.46%), Cholesterol: 14.28mg (4.76%), Sodium: 463.58mg (20.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Vitamin K: 23.26µg (22.15%), Calcium: 191.1mg (19.11%), Zinc: 2.28mg (15.23%), Phosphorus: 124.84mg (12.48%), Manganese: 0.23mg (11.56%), Iron: 2.05mg (11.4%), Copper: 0.19mg (9.69%), Selenium: 6.54µg (9.34%), Vitamin B12: 0.53µg (8.79%), Vitamin C: 6.53mg (7.92%), Fiber: 1.87g (7.46%), Potassium: 233.74mg (6.68%), Folate: 23.74µg (5.94%), Vitamin B2: 0.09mg (5.32%), Vitamin B1: 0.08mg (5.07%), Magnesium: 20.19mg (5.05%), Vitamin B3: 0.99mg (4.94%), Vitamin A: 216.2IU (4.32%), Vitamin B6: 0.07mg (3.54%), Vitamin B5: 0.25mg (2.51%), Vitamin E: 0.36mg (2.42%)