



Roasted Oysters with Pancetta and Breadcrumbs

 Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce cured bacon finely chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 6 lemon wedges
- ☐ 2 tablespoons pinenuts toasted
- ☐ 18 shucked oysters on the half shell
- ☐ 2 ounce bread white

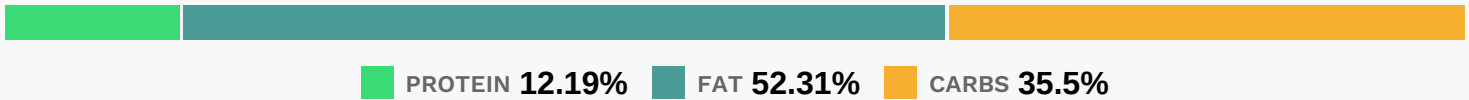
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine nuts and bread in a mini food processor; process until coarsely ground.
- ☐ Heat a medium skillet over medium-high heat, and lightly coat pan with cooking spray.
- ☐ Add pancetta; saut for 2 minutes or until crisp, stirring frequently.
- ☐ Remove from heat. Stir in pine nut mixture, parsley, and black pepper. Carefully arrange oysters in a single layer on a broiler pan, and spoon 1 tablespoon bread mixture onto each oyster.
- ☐ Bake at 450 for 5 minutes or until oysters are opaque.
- ☐ Serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:3.64, Inflammation Score:-3, Nutrition Score:5.9991303941478%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 75.7kcal (3.79%), Fat: 4.63g (7.13%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 6.17g (2.24%), Sugar: 1.11g (1.24%), Cholesterol: 4.8mg (1.6%), Sodium: 81.11mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin K: 23.86µg (22.72%), Manganese: 0.38mg (19.02%), Vitamin C: 11.34mg (13.75%), Zinc: 2.03mg (13.54%), Copper: 0.19mg (9.38%), Vitamin B12: 0.39µg (6.52%), Selenium: 4.07µg (5.81%), Vitamin B1: 0.08mg (5.49%), Iron: 0.91mg (5.08%), Phosphorus: 44.51mg (4.45%), Vitamin B3: 0.86mg (4.31%), Folate: 15.94µg (3.98%), Fiber: 0.91g (3.64%), Magnesium: 14.49mg (3.62%), Calcium: 30.08mg (3.01%), Vitamin E: 0.43mg (2.84%), Vitamin B2: 0.04mg (2.52%), Vitamin A: 121.39IU (2.43%), Potassium: 80.2mg (2.29%), Vitamin B6: 0.04mg (2.08%), Vitamin B5: 0.14mg (1.37%)