



## Roasted Oysters with Prosciutto and Spinach

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 ounce baby spinach fresh
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons pinenuts toasted
- 1 ounce pancetta finely chopped
- 18 shucked oysters

### Equipment

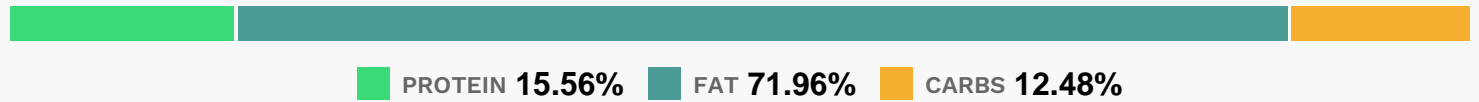
- frying pan
- oven

broiler pan

## Directions

- Preheat oven to 45
- Heat a large nonstick skillet over medium heat.
- Add spinach to pan; cook 3 minutes or until spinach is wilted, stirring occasionally.
- Add prosciutto to pan; saut 1 minute or until crisp. Stir in pepper.
- Remove from heat; cool.
- Arrange oysters in a single layer in a broiler pan; spoon about 1 tablespoon spinach mixture onto each oyster.
- Sprinkle oysters evenly with pine nuts.
- Bake at 450 for 5 minutes or until oysters are opaque.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:10.67, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:12.644782587238%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## Nutrients (% of daily need)

Calories: 51.01kcal (2.55%), Fat: 4.34g (6.68%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.27g (0.29%), Cholesterol: 4.8mg (1.6%), Sodium: 57.33mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.22%), Vitamin K: 138.9µg (132.29%), Vitamin A: 2663.35IU (53.27%), Manganese: 0.57mg (28.56%), Folate: 56.44µg (14.11%), Zinc: 2.07mg (13.82%), Copper: 0.2mg (10.2%), Vitamin C: 7.99mg (9.69%), Magnesium: 32.23mg (8.06%), Iron: 1.17mg (6.52%), Vitamin B12: 0.39µg (6.52%), Vitamin E: 0.94mg (6.29%), Potassium: 195.11mg (5.57%), Phosphorus: 44.07mg (4.41%), Vitamin B2: 0.07mg (4.05%), Vitamin B6: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.21%), Calcium: 31.68mg (3.17%), Fiber: 0.77g (3.07%), Selenium: 2.09µg (2.98%), Vitamin B3: 0.58mg (2.91%)