



Rockin' Oysters Rockefeller

READY IN



60 min.

SERVINGS



16

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups beer
- ☐ 7 peppercorns black
- ☐ 2 tablespoons bread crumbs fine
- ☐ 0.5 cup butter
- ☐ 8 ounces fontina shredded
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 clove garlic crushed
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 cup milk

- ☐ 8 ounces monterrey jack cheese shredded
- ☐ 1 onion chopped
- ☐ 48 unopened oysters fresh
- ☐ 2 teaspoons salt to taste
- ☐ 16 servings lawry's seasoned salt to taste
- ☐ 8 ounces mozzarella cheese shredded

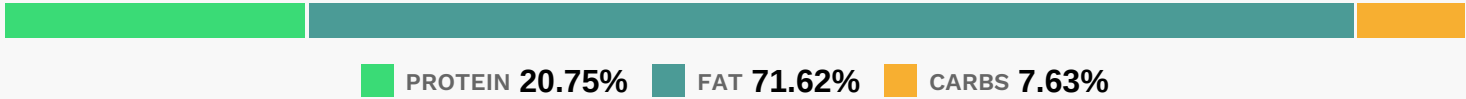
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Clean oysters, and place in a large stockpot.
- ☐ Pour in beer and enough water to cover oysters; add 2 cloves garlic, seasoned salt, and peppercorns. Bring to a boil.
- ☐ Remove from heat, drain, and cool.
- ☐ Once oysters are cooled, break off and discard the top shell. Arrange the oysters on a baking sheet. Preheat oven to 425 degrees F (220 degrees C.)
- ☐ Melt butter in a saucepan over medium heat. Cook onion and garlic in butter until soft. Reduce heat to low, and stir in spinach, Monterey Jack, fontina, and mozzarella. Cook until cheese melts, stirring frequently. Stir in the milk, and season with salt and pepper. Spoon sauce over each oyster, just filling the shell.
- ☐ Sprinkle with bread crumbs.
- ☐ Bake until golden and bubbly, approximately 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.66, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:12.843913104223%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 231.16kcal (11.56%), Fat: 18.12g (27.88%), Saturated Fat: 11.13g (69.56%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.61g (1.31%), Sugar: 1.32g (1.47%), Cholesterol: 58.1mg (19.37%), Sodium: 847.36mg (36.84%), Alcohol: 0.86g (100%), Alcohol %: 0.99% (100%), Protein: 11.81g (23.62%), Vitamin K: 67.91µg (64.68%), Vitamin A: 2604.46IU (52.09%), Calcium: 297.84mg (29.78%), Zinc: 3.16mg (21.07%), Phosphorus: 192.03mg (19.2%), Vitamin B12: 1.11µg (18.48%), Selenium: 9.15µg (13.06%), Vitamin B2: 0.19mg (11.39%), Manganese: 0.19mg (9.67%), Folate: 34.6µg (8.65%), Copper: 0.17mg (8.28%), Magnesium: 26.65mg (6.66%), Vitamin E: 0.82mg (5.5%), Iron: 0.83mg (4.61%), Vitamin B6: 0.09mg (4.38%), Potassium: 133.88mg (3.83%), Vitamin B1: 0.05mg (3.22%), Fiber: 0.73g (2.93%), Vitamin D: 0.31µg (2.07%), Vitamin B5: 0.2mg (2.01%), Vitamin B3: 0.4mg (1.98%), Vitamin C: 1.54mg (1.87%)