



Scalloped Oysters

READY IN



55 min.

SERVINGS



12

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 eggs
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 24 ounce dozens oysters drained canned
- ☐ 32 saltines crushed

Equipment

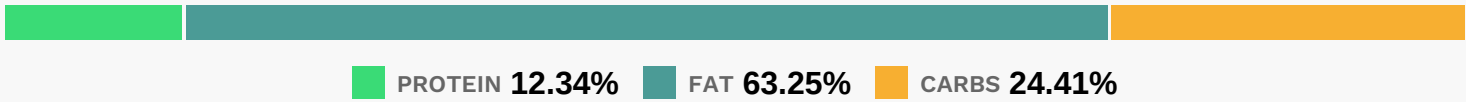
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Pour the butter into the bottom of a 9x13-inch baking dish.
- ☐ Mix the oysters, cream of mushroom soup, evaporated milk, crackers, and eggs together in the baking dish until well blended.
- ☐ Bake in the preheated oven until the center of the mixture is set and the edges are slightly browned, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.9869564797567%

Nutrients (% of daily need)

Calories: 170.05kcal (8.5%), Fat: 12g (18.46%), Saturated Fat: 6.91g (43.2%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 10.15g (3.69%), Sugar: 3.14g (3.49%), Cholesterol: 59.73mg (19.91%), Sodium: 362.73mg (15.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Zinc: 2.89mg (19.29%), Copper: 0.23mg (11.7%), Vitamin B12: 0.67µg (11.21%), Vitamin B2: 0.19mg (11.15%), Phosphorus: 97.84mg (9.78%), Calcium: 89.44mg (8.94%), Manganese: 0.16mg (8.19%), Selenium: 4.97µg (7.1%), Vitamin A: 349.21IU (6.98%), Iron: 1.07mg (5.95%), Vitamin B1: 0.08mg (5.3%), Folate: 18.99µg (4.75%), Potassium: 154.99mg (4.43%), Vitamin B3: 0.86mg (4.32%), Vitamin B5: 0.41mg (4.1%), Vitamin E: 0.48mg (3.23%), Magnesium: 12.8mg (3.2%), Vitamin K: 2.95µg (2.81%), Vitamin B6: 0.05mg (2.32%), Vitamin D: 0.18µg (1.17%), Fiber: 0.27g (1.1%)