



Scalloped Oysters

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups butter divided
- ☐ 2 cups celery finely chopped
- ☐ 3 cups cracker crumbs divided
- ☐ 0.1 teaspoon hot sauce
- ☐ 72 ounce select oysters fresh drained
- ☐ 12 servings paprika
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 0.3 cup worcestershire sauce

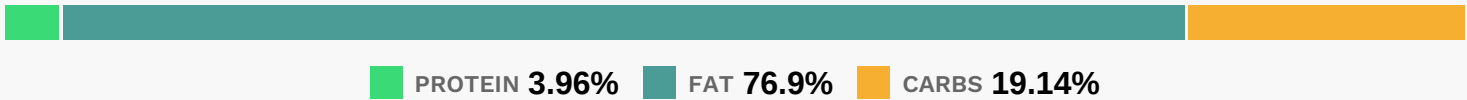
Equipment

☐ oven

Directions

- ☐ Saut celery in 1 cup butter until tender but not brown; stir in next 4 ingredients.
- ☐ Place 1 cup cracker crumbs in bottom of a greased 2-quart casserole. Top with half of oysters and half of celery mixture. Repeat layers, beginning and ending with cracker crumbs. Melt remaining butter, and pour over cracker crumbs.
- ☐ Sprinkle with paprika.
- ☐ Bake at 350 for 45 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:6.58, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:10.843478301297%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 265.11kcal (13.26%), Fat: 23.1g (35.53%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 11.6g (4.22%), Sugar: 2.33g (2.59%), Cholesterol: 6.8mg (2.27%), Sodium: 557.06mg (24.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Zinc: 6.9mg (45.98%), Vitamin A: 1919.01IU (38.38%), Copper: 0.54mg (26.89%), Vitamin B12: 1.51µg (25.2%), Vitamin K: 14.4µg (13.72%), Vitamin E: 2.03mg (13.56%), Iron: 2.22mg (12.35%), Manganese: 0.19mg (9.57%), Phosphorus: 76.78mg (7.68%), Vitamin B2: 0.11mg (6.21%), Selenium: 4.27µg (6.1%), Vitamin B3: 1.19mg (5.96%), Calcium: 58.11mg (5.81%), Vitamin B1: 0.09mg (5.73%), Potassium: 190.7mg (5.45%), Fiber: 1.33g (5.33%), Folate: 19.74µg (4.94%), Vitamin B6: 0.07mg (3.6%), Magnesium: 12.92mg (3.23%), Vitamin B5: 0.21mg (2.06%), Vitamin C: 1.36mg (1.65%)