

Scalloped Oysters II

READY IN



45 min.

SERVINGS



8

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 1 eggs beaten
- 1.8 cups milk
- 8 servings salt and pepper to taste
- 8 ounces saltines crushed
- 1 pint dozens oysters

Equipment

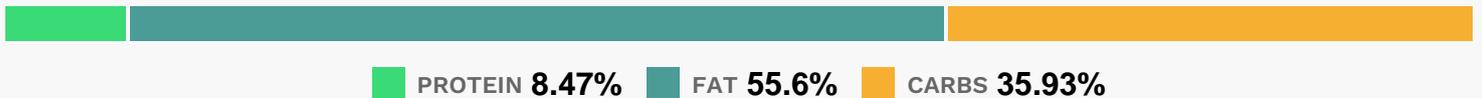
- frying pan

- sauce pan
- oven
- whisk
- mixing bowl
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 2 quart baking dish and set aside.
- Place oysters and their liquid in a 4 quart saucepan. Cook over medium heat until oysters curl around the edges.
- Remove from heat and set aside.
- In a mixing bowl, whisk together egg and 1/3 cup milk.
- Add 1/2 of the crushed crackers, oysters and any remaining liquid; mix together well.
- Place 1/2 of remaining crushed crackers into prepared pan.
- Pour oyster mixture into pan and cover with the last of the crushed crackers.
- Add enough milk to almost submerge crackers. Dot top with butter.
- Sprinkle with salt and pepper to taste.
- Bake at 350 degrees F (175 degrees C) for 1 hour.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.95, Inflammation Score:-4, Nutrition Score:8.3969564437866%

Nutrients (% of daily need)

Calories: 263.13kcal (13.16%), Fat: 16.29g (25.06%), Saturated Fat: 8.95g (55.96%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 22.89g (8.32%), Sugar: 3g (3.33%), Cholesterol: 59.73mg (19.91%), Sodium: 584.9mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.17%), Zinc: 2.82mg (18.82%), Vitamin B1: 0.23mg (15.53%), Vitamin B12: 0.9µg (15.07%), Vitamin B2: 0.25mg (14.53%), Manganese: 0.26mg (12.96%), Iron: 1.95mg (10.85%), Copper: 0.21mg (10.66%), Folate: 41.41µg (10.35%), Phosphorus: 102.86mg (10.29%), Selenium: 6.93µg

(9.9%), Vitamin B3: 1.95mg (9.73%), Vitamin A: 473.6IU (9.47%), Calcium: 81.13mg (8.11%), Vitamin K: 8.43µg (8.03%),
Vitamin E: 0.79mg (5.27%), Vitamin D: 0.7µg (4.65%), Vitamin B5: 0.45mg (4.47%), Potassium: 143.42mg (4.1%),
Magnesium: 14.94mg (3.73%), Vitamin B6: 0.07mg (3.43%), Fiber: 0.79g (3.18%)