



South Jersey Oyster Pie

READY IN



75 min.

SERVINGS



8

CALORIES



313 kcal

Ingredients

- ☐ 0.5 pound bacon
- ☐ 3 stalks celery chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 1 small bell pepper green chopped
- ☐ 0.8 cup heavy cream
- ☐ 1 small onion chopped
- ☐ 24 dozens oysters with liquid reserved
- ☐ 1 double crust ready-to-use pie crust
- ☐ 0.5 teaspoon seafood seasoning to taste old bay® (such as)

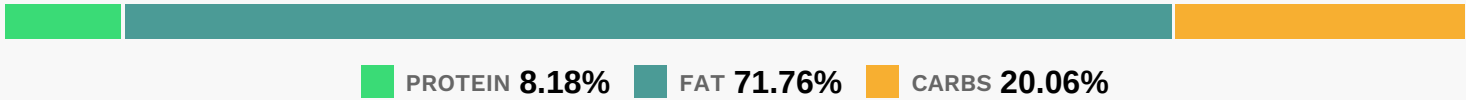
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pie form

Directions

- ☐ Cook the bacon in a large, deep skillet over medium-high heat until golden brown, about 10 minutes; remove to a paper towel-lined plate to drain, reserving the drippings. Crumble the bacon.
- ☐ Preheat an oven to 350 degrees F (175 degrees C). Line a 9-inch pie pan with 1 of the pie crusts.
- ☐ Heat 1 tablespoon of the reserved bacon drippings in a skillet over medium-low heat; add the onion, celery, garlic, and green pepper to the hot drippings, cover, and cook until tender, about 5 minutes.
- ☐ Remove the cooked vegetables to a bowl. Increase heat to medium and stir 3 tablespoons of the reserved drippings and the flour together in the skillet to make a thick paste. Slowly pour the cream and 1 cup of the reserved liquid from the oysters into the paste; cook and stir until a thick gravy forms. Fold the bacon, oysters, and vegetables into the mixture; season with seafood seasoning.
- ☐ Pour the mixture into the prepared pie crust. Cover with the remaining crust.
- ☐ Bake in the preheated oven until golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.93, Inflammation Score:-4, Nutrition Score:7.4578260960786%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 313.08kcal (15.65%), Fat: 25.01g (38.48%), Saturated Fat: 10.68g (66.75%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 14.54g (5.29%), Sugar: 1.49g (1.66%), Cholesterol: 45.6mg (15.2%), Sodium: 297.09mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Zinc: 2.22mg (14.78%), Selenium: 9.63µg (13.76%), Vitamin B1: 0.18mg (11.93%), Vitamin C: 9.05mg (10.97%), Vitamin B3: 2.05mg (10.24%), Manganese: 0.19mg (9.71%), Vitamin B12: 0.54µg (9.08%), Vitamin A: 445.68IU (8.91%), Copper: 0.17mg (8.68%), Phosphorus: 86.1mg (8.61%), Vitamin K: 8.46µg (8.05%), Vitamin B2: 0.13mg (7.86%), Vitamin B6: 0.15mg (7.72%), Folate: 29.4µg (7.35%), Iron: 1.16mg (6.43%), Potassium: 180.83mg (5.17%), Fiber: 1.19g (4.76%), Vitamin B5: 0.39mg (3.86%), Vitamin E: 0.54mg (3.61%), Calcium: 35.3mg (3.53%), Magnesium: 13.54mg (3.38%), Vitamin D: 0.47µg (3.14%)