



## Southern Oyster Casserole

READY IN



45 min.

SERVINGS



20

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 20 servings pepper black freshly ground
- ☐ 0.5 cup bread crumbs
- ☐ 0.3 pound butter (1 stick)
- ☐ 0.3 cup flour
- ☐ 1 cup heavy cream
- ☐ 0.5 pound mushrooms sliced
- ☐ 20 servings nutmeg freshly grated
- ☐ 2 quarts dozens oysters
- ☐ 0.5 teaspoon paprika

- ☐ 0.3 cup imported parmesan cheese   grated
- ☐ 1 bell pepper   green red seeded chopped
- ☐ 20 servings salt
- ☐ 3 scallions   whole chopped

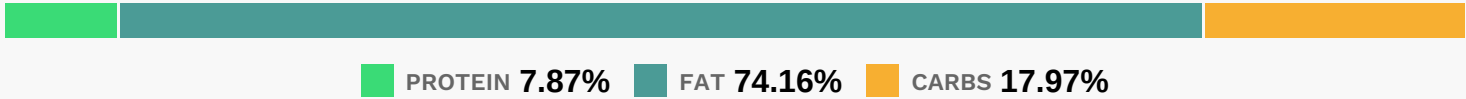
## Equipment

- ☐ frying pan
- ☐ broiler
- ☐ stove

## Directions

- ☐ Preheat the broiler. Grease a 9x13–inch ovenproof serving dish or spray it with nonstick spray.
- ☐ Drain the oysters and set aside. Melt 2 tablespoons of the butter in a heavy casserole.
- ☐ Add the scallions and pepper and sauté until the onion is soft, about 5 minutes.
- ☐ Add the mushrooms and oysters and sauté for 5 minutes. In a separate pan, melt 2 tablespoons of the remaining butter. Stir in the flour. When smooth, add the cream, and stir until boiling and thick.
- ☐ Add the cheese. Stir this cheese sauce into the oyster mixture and season with nutmeg, paprika, salt, and pepper. The casserole may be made ahead to this point and refrigerated overnight. Return it to the simmer on top of the stove before proceeding.
- ☐ Pour the mixture into the prepared dish and top with the bread crumbs and dot with the remaining butter.
- ☐ Place under the broiler until browned and bubbling—about 10 minutes, depending on the depth of the casserole.
- ☐ Nathalie Dupree's Comfortable Entertaining by Nathalie Dupree
- ☐ Viking

## Nutrition Facts



## Properties

Glycemic Index:17.15, Glycemic Load:1.41, Inflammation Score:-3, Nutrition Score:6.1765217470086%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 122.34kcal (6.12%), Fat: 10.33g (15.89%), Saturated Fat: 6.47g (40.42%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 4.75g (1.73%), Sugar: 1.58g (1.75%), Cholesterol: 30.27mg (10.09%), Sodium: 282.73mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.93%), Zinc: 3.96mg (26.39%), Copper: 0.35mg (17.27%), Vitamin B12: 0.89µg (14.76%), Vitamin A: 397.72IU (7.95%), Manganese: 0.15mg (7.57%), Selenium: 4.88µg (6.96%), Vitamin C: 5.49mg (6.66%), Vitamin B2: 0.11mg (6.25%), Vitamin K: 5.45µg (5.19%), Phosphorus: 48.44mg (4.84%), Iron: 0.85mg (4.72%), Vitamin B1: 0.06mg (4.27%), Vitamin B3: 0.85mg (4.26%), Calcium: 41.36mg (4.14%), Fiber: 0.88g (3.54%), Folate: 12.38µg (3.1%), Potassium: 96.49mg (2.76%), Vitamin B5: 0.26mg (2.65%), Magnesium: 10.61mg (2.65%), Vitamin E: 0.38mg (2.51%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.22µg (1.46%)