



 **59%**
HEALTH SCORE

The Peacemaker

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



9362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 inch loaves bread french
- 8 slices cheddar
- 8 slices bacon cooked
- 4 cups self-rising corn meal mix
- 2 cups flour all-purpose
- 1 quart oyster meat
- 1 gallon vegetable oil; peanut oil preferred

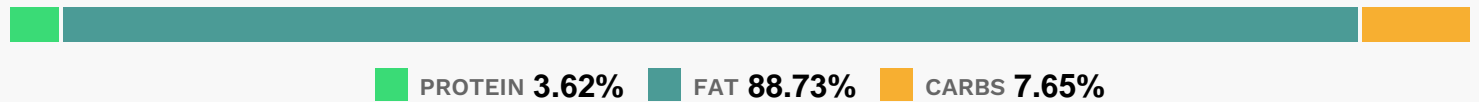
Equipment

dutch oven

Directions

- Watch how to make this recipe.
- Heat the oil to 350 degrees F in a large Dutch oven.
- Combine the flour and cornmeal and mix together. Toss half the oysters into the cornmeal mix and move them around, coating each oyster completely in the mix.
- Place the oysters into hot oil and carefully move around to prevent the oysters from sticking together. Only leave the oysters in the oil for 1 to 2 minutes as they cook quickly. Season, to taste, with salt immediately after cooking. Repeat with the remaining oysters.
- Place the oysters on the French bread while they are still hot and add the sliced cheese and bacon. Enjoy!!!

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:40.83, Inflammation Score:-10, Nutrition Score:56.963478326797%

Nutrients (% of daily need)

Calories: 9361.74kcal (468.09%), Fat: 936.13g (1440.2%), Saturated Fat: 163.93g (1024.56%), Carbohydrates: 181.54g (60.51%), Net Carbohydrates: 168.8g (61.38%), Sugar: 0.99g (1.09%), Cholesterol: 201.26mg (67.09%), Sodium: 3100.9mg (134.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.97g (171.95%), Vitamin E: 143.24mg (954.93%), Vitamin B3: 39.64mg (198.21%), Phosphorus: 1904.84mg (190.48%), Selenium: 118.99µg (169.98%), Folate: 598.52µg (149.63%), Vitamin B1: 2.06mg (137.45%), Vitamin B6: 2.58mg (128.97%), Vitamin B2: 1.53mg (90.21%), Calcium: 779.57mg (77.96%), Iron: 13.26mg (73.69%), Manganese: 1.43mg (71.29%), Fiber: 12.73g (50.93%), Vitamin B5: 4.67mg (46.66%), Magnesium: 186.08mg (46.52%), Zinc: 6.16mg (41.06%), Potassium: 1418mg (40.51%), Copper: 0.44mg (22.07%), Vitamin A: 905.48IU (18.11%), Vitamin B12: 1.01µg (16.8%), Vitamin K: 7.93µg (7.55%), Vitamin C: 2.84mg (3.44%), Vitamin D: 0.5µg (3.36%)