



Tomales Bay Oysters Rockefeller

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup flat-leaf parsley finely chopped
- ☐ 1 garlic clove coarsely chopped
- ☐ 0.5 cup gruyere cheese finely grated
- ☐ 0.5 cup heavy cream
- ☐ 24 servings kosher salt and pepper black freshly ground
- ☐ 1 small leek white coarsely chopped (and pale-green parts only)
- ☐ 24 large dozens oysters with juices
- ☐ 1 large shallots coarsely chopped

- ☐ 0.3 cup butter unsalted ()
- ☐ 4 cups watercress packed coarsely chopped

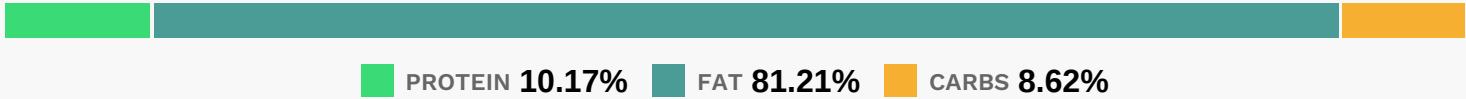
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ broiler

Directions

- ☐ Pulse leek, shallot, and garlic in a foodprocessor until finely chopped.
- ☐ Transfer to a small bowl; set aside. Pulse watercress in processor until finely chopped but not a paste.
- ☐ Transfer to a medium bowl; set aside.
- ☐ Melt butter in a large heavy pot over medium-low heat.
- ☐ Add leek mixture; season with salt and pepper and cook, stirring often, until translucent, 7-8 minutes. Increase heat to medium.
- ☐ Add watercress; cook, stirring often, until watercress is wilted and tender, 8-10 minutes. Stir in cheese, cream, and parsley. Season to taste with salt and pepper.
- ☐ Transfer to a medium bowl; chill until cold. DO AHEAD: Can be made 1 day ahead. Cover; keep chilled.
- ☐ Preheat broiler. Arrange oysters on half shells on a rimmed baking sheet. Divide equally, spoon watercress mixture over oysters, spreading to cover completely.
- ☐ Broil until cheese is melted, top of watercress mixture begins to brown in spots, and oysters are just cooked through, 3-4 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:3.1913043118041%

Flavonoids

Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 50.18kcal (2.51%), Fat: 4.65g (7.15%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.41g (0.46%), Cholesterol: 14.27mg (4.76%), Sodium: 26.01mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin K: 26.75µg (25.47%), Vitamin A: 454.56IU (9.09%), Vitamin C: 3.87mg (4.68%), Zinc: 0.7mg (4.64%), Calcium: 43.35mg (4.33%), Vitamin B12: 0.18µg (2.97%), Manganese: 0.06mg (2.77%), Phosphorus: 27.47mg (2.75%), Copper: 0.05mg (2.71%), Vitamin B2: 0.03mg (1.65%), Vitamin E: 0.22mg (1.45%), Selenium: 0.97µg (1.39%), Vitamin B6: 0.03mg (1.32%), Iron: 0.23mg (1.26%), Potassium: 43.84mg (1.25%), Folate: 4.85µg (1.21%), Magnesium: 4.6mg (1.15%)