

Oysters Rockefeller

Yield: 8 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-oyster-recipe>

Ingredients:

- 4 tablespoons unsalted butter
- 2 garlic cloves minced
- 1/3 cup bread crumbs Panko preferred
- 2 shallots chopped
- 2 cups fresh spinach chopped
- 1/4 cup pernod can sub white wine
- salt
- pepper
- 1 dash red pepper sauce
- 2 tablespoons olive oil
- 1/4 cup grated Parmesan
- 1 tablespoon chopped parsley
- 24 oysters
- 1/2 shell
- rock salt
- lemon wedges
- Tabasco Sauce

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 360 milligrams
9. Sugar: 3 grams

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