

Southern Oyster Casserole

Yield: 15 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-southern-oyster-casserole-recipe>

Ingredients:

- 2 quarts oysters
- 1/4 pound butter
- 3 whole scallions chopped
- 1 red bell pepper or green, seeded, deribbed, and chopped
- 1/2 pound mushrooms sliced
- 1/4 cup flour
- 1 cup heavy cream
- 1/4 cup Parmesan cheese grated imported
- grated nutmeg Freshly
- 1/2 teaspoon paprika
- salt
- ground black pepper Freshly
- 1/2 cup bread crumbs

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 60 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 9 grams
8. Sodium: 260 milligrams
9. Sugar: 1 grams

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