

Florida Oysters Rockefeller

FreshFromFlorida.com

Servings: 6

36 oysters shucked on the half shell
2 cups spinach, cooked and drained
1/2 cup crispy bacon, crumbled
1 cup mozzarella cheese
1/2 cup Parmesan cheese, grated
1 bell pepper, diced small
2 tablespoons fresh parsley, chopped
fine
1/4 tablespoon hot pepper sauce
1/2 cup panko breadcrumbs
1 lemon, juiced
4 lemons, quartered (for garnish)
sea salt (to taste)
fresh ground pepper (to taste)

Preheat the oven on HIGH BROIL.

In a medium-sized mixing bowl, combine the spinach, bacon, mozzarella, Parmesan cheese, bell pepper, parsley, hot sauce and lemon juice. Stir the ingredients to combine. Taste the spinach mixture and adjust the seasoning with salt and pepper.

Place one tablespoon or so of the spinach mixture on top of each half shell oyster.

Place all of the stuffed oysters on a cookie sheet. Put the cookie sheet in the middle rack of the oven. Carefully watch the oysters under the broiler and let them cook for several minutes until the oyster edges curl and the top of the stuffing is golden brown and bubbly.

Serve the oysters over a bed of ice cream salt with lemon wedges.

Per Serving (excluding unknown items): 108 Calories; 7g Fat (50.0% calories from fat); 8g Protein; 8g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 228mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	108	Vitamin B6 (mg):	.1mg
% Calories from Fat:	50.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	24.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	25.5%	Riboflavin B2 (mg):	.1mg
			33mcg

Total Fat (g): 7g
Saturated Fat (g): 4g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 22mg
Carbohydrate (g): 8g
Dietary Fiber (g): 1g
Protein (g): 8g
Sodium (mg): 228mg
Potassium (mg): 190mg
Calcium (mg): 226mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 48mg
Vitamin A (i.u.): 1096IU
Vitamin A (r.e.): 153RE

Folacin (mcg):
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 1/2
Fruit: 1/2
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 108 Calories from Fat: 54

% Daily Values*

Total Fat	7g	11%
Saturated Fat	4g	21%
Cholesterol	22mg	7%
Sodium	228mg	10%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	5%
Protein	8g	
Vitamin A		22%
Vitamin C		80%
Calcium		23%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.