

DINNER

Allison's Trout

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	15 min	35 min	6	\$5.93	493 kcal



If you want to add more gluten free and pescatarian recipes to your recipe box, Allison's Trout might be a recipe you should try. One portion of this dish contains approximately 50g of protein, 31g of fat, and a total of 504 calories.

Ingredients

- ☐ ½ cup butter
- ☐ 3 lemons, juiced
- ☐ 6 servings salt to taste
- ☐ 3 pounds trout fillets
- ☐ 14 fresh mushrooms, sliced
- ☐ 6 servings cracked black pepper to taste
- ☐ ¼ cup sherry wine

EQUIPMENT Frying pan, Oven, Baking pan, Aluminum foil

Method

- 1 Preheat oven to 350 degrees F (175 degrees C). Line a shallow baking dish with foil.
- 2 Heat butter in a skillet over medium heat; pour in lemon juice. Cook and stir mushrooms until tender, about 5 minutes; stir in sherry.
- 3 Place trout fillets with skin sides down into prepared baking dish; sprinkle with salt and cracked pepper.
- 4 Pour the mushroom mixture over the fish.
- 5 Bake in the preheated oven until sauce reduces and fish flakes easily with a fork, about 30 minutes.

Nutrition per serving

493
KCAL

49 g
PROTEIN

31 g
FAT

3 g
CARBS

Saturated Fat	12.4 g · 77% of daily needs
Fibre	0.5 g · 2% of daily needs
Sugar	1.4 g · 2% of daily needs
Sodium	436 mg · 19% of daily needs
Cholesterol	172 mg · 57% of daily needs
Vitamin C	7.9 mg · 10% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/allisons-trout-142342