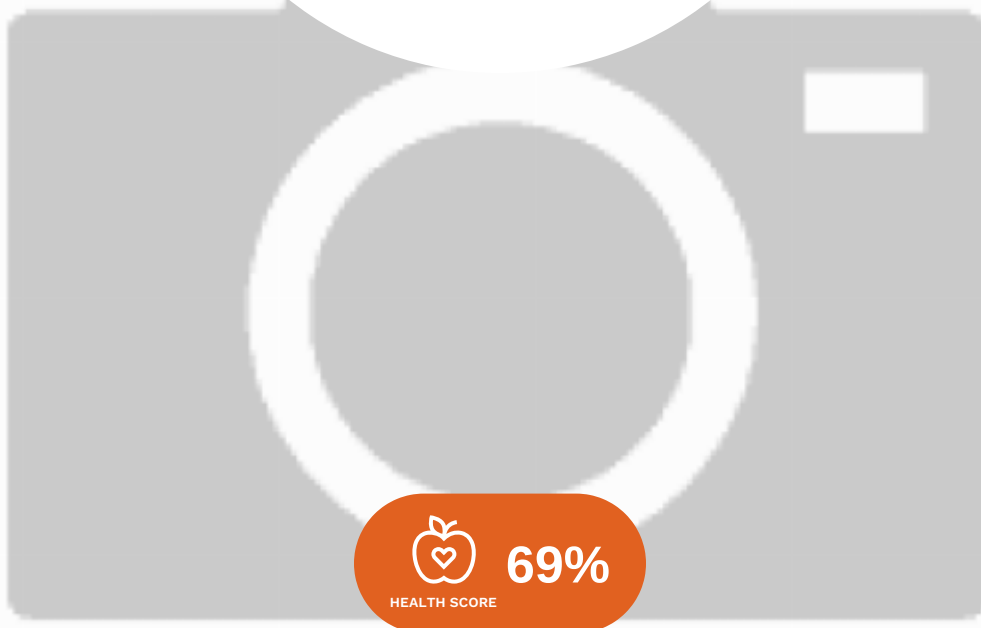




Almond Herb-Crusted Trout for Two

 Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons almonds chopped
- ☐ 8 teaspoons bread crumbs plain
- ☐ 2.3 teaspoons thyme leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 tablespoons milk
- ☐ 2 thyme sprigs for garnish
- ☐ 0.5 pound trout

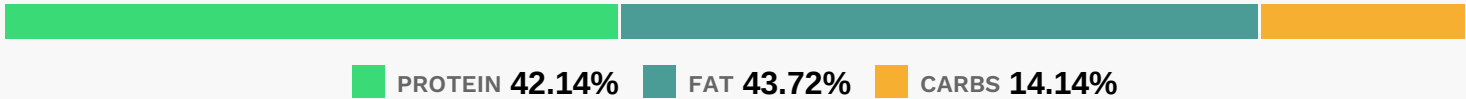
Equipment

☐ grill

Directions

- ☐ Preheat an outdoor grill for high heat, and coat a grill basket with cooking spray.
- ☐ Mix bread crumbs, almonds, chopped thyme, and black pepper together in a shallow dish.
- ☐ Dip each trout fillet in milk, then dredge each in the bread crumb mixture. Coat each fillet with cooking spray.
- ☐ Place dredged fillets in prepared grill basket and cook until golden and fish flakes easily with a fork, about 5 minutes on each side.
- ☐ Garnish with thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:0.51, Inflammation Score:-10, Nutrition Score:22.219565479652%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 258.35kcal (12.92%), Fat: 12.45g (19.15%), Saturated Fat: 2g (12.49%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 7.21g (2.62%), Sugar: 1.57g (1.74%), Cholesterol: 67.57mg (22.52%), Sodium: 123.62mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27g (54%), Vitamin B12: 8.94µg (149.05%), Manganese: 1.29mg (64.69%), Phosphorus: 348.3mg (34.83%), Vitamin B1: 0.5mg (33.38%), Vitamin B2: 0.53mg (31.41%), Vitamin D: 4.59µg (30.58%), Vitamin B3: 6mg (30%), Selenium: 16.92µg (24.18%), Vitamin B5: 2.35mg (23.53%), Copper: 0.34mg (16.79%), Iron: 2.96mg (16.46%), Vitamin E: 2.29mg (15.27%), Potassium: 527.64mg (15.08%), Magnesium: 57.2mg (14.3%), Vitamin B6: 0.27mg (13.41%), Calcium: 117.09mg (11.71%), Zinc: 1.24mg (8.24%), Fiber: 1.85g (7.39%),

Folate: 28.31µg (7.08%), Vitamin C: 5.77mg (6.99%), Vitamin A: 244.11IU (4.88%)