



Bacon-Wrapped Trout with Rosemary



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



1

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 slices bacon



3 slices optional: lemon (1/8-inch-thick)



2 sprigs rosemary leaves fresh (4- to 5-inch)



10 oz trout whole cleaned

Equipment



frying pan



baking pan



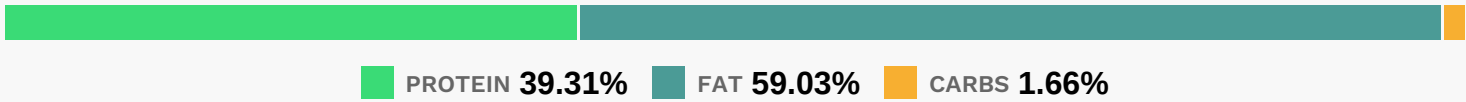
broiler

☐ spatula

Directions

- ☐ Preheat broiler.
- ☐ Put fish in a shallow baking pan (1 inch deep) or a large heavy ovenproof skillet, then pat dry and season cavity with salt and pepper. Put rosemary inside cavity and season outside of fish with salt and pepper, then wrap bacon slices around fish.
- ☐ Broil fish 5 to 7 inches from heat until skin of fish and bacon are crisp, about 5 minutes. Turn fish over gently with a spatula and broil 2 minutes more.
- ☐ Add lemon slices to pan in 1 layer alongside fish and continue to broil until fish is just cooked through and rest of bacon is crisp, 2 1/2 to 3 minutes more.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:39.617391266253%

Flavonoids

Eriodictyol: 4.49mg, Eriodictyol: 4.49mg, Eriodictyol: 4.49mg, Eriodictyol: 4.49mg Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 701.14kcal (35.06%), Fat: 45.01g (69.24%), Saturated Fat: 12.05g (75.29%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.52g (0.58%), Cholesterol: 207.99mg (69.33%), Sodium: 584.81mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.45g (134.9%), Vitamin B12: 22.41µg (373.57%), Manganese: 2.43mg (121.4%), Phosphorus: 793.1mg (79.31%), Vitamin B1: 1.18mg (78.86%), Vitamin B3: 15.43mg (77.17%), Vitamin D: 11.32µg (75.47%), Selenium: 49.07µg (70.1%), Vitamin B5: 5.91mg (59.08%), Vitamin B2: 0.99mg (58.44%), Vitamin B6: 0.76mg (38%), Potassium: 1184.41mg (33.84%), Copper: 0.57mg (28.45%), Iron: 4.66mg (25.9%), Magnesium: 72.15mg (18.04%), Zinc: 2.66mg (17.76%), Vitamin C: 12.59mg (15.26%), Calcium: 131.3mg (13.13%), Folate: 39.38µg (9.85%), Vitamin E: 0.88mg (5.88%), Vitamin A: 196.48IU (3.93%), Fiber: 0.62g (2.46%)