



Baked Trout Fillets

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 artichoke hearts in water halved drained
- 2 tablespoons butter
- 0.3 teaspoon cayenne pepper
- 0.5 cup cherry tomatoes chopped
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic chopped
- 2 tablespoons green onion chopped
- 1.5 teaspoons juice of lemon

- 0.5 cup mushrooms sliced
- 0.3 teaspoon salt
- 2 fillet trout
- 0.3 cup white wine

Equipment

- frying pan
- oven
- baking pan
- broiler

Directions

- Preheat oven to 325 degrees F (165 degrees C). Arrange trout fillets in a large baking dish.
- Melt butter in a large skillet over medium heat; cook and stir green onion, parsley, and garlic until fragrant, 1 to 2 minutes. Stir in mushrooms and continue to cook until just softened, 1 to 2 minutes more.
- Add white wine, lemon juice, salt, and cayenne pepper.
- Remove from heat and gently stir in artichoke hearts; pour mixture over trout.
- Bake in preheated oven until fish flakes easily with a fork, about 20 minutes.
- Remove baking dish from oven and scatter tomatoes over fish.
- Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Return baking dish to oven and broil until fish is browned, 1 to 2 minutes more.

Nutrition Facts



PROTEIN 39.48% FAT 54.8% CARBS 5.72%

Properties

Glycemic Index:111.5, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:30.326956334321%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 405.96kcal (20.3%), Fat: 22.81g (35.09%), Saturated Fat: 9.18g (57.4%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.47g (1.62%), Sugar: 2.12g (2.35%), Cholesterol: 128.7mg (42.9%), Sodium: 486.49mg (21.15%), Alcohol: 4.12g (100%), Alcohol %: 1.72% (100%), Protein: 36.97g (73.94%), Vitamin B12: 13.28µg (221.27%), Manganese: 1.61mg (80.65%), Phosphorus: 467.13mg (46.71%), Vitamin K: 47.82µg (45.55%), Vitamin D: 6.68µg (44.52%), Vitamin B3: 8.87mg (44.34%), Vitamin B1: 0.64mg (42.89%), Vitamin B2: 0.69mg (40.55%), Vitamin B5: 3.77mg (37.74%), Selenium: 24.51µg (35.01%), Potassium: 851.61mg (24.33%), Vitamin B6: 0.47mg (23.27%), Copper: 0.44mg (22.21%), Vitamin C: 16.21mg (19.65%), Vitamin A: 961.73IU (19.23%), Iron: 3.32mg (18.46%), Magnesium: 50.76mg (12.69%), Folate: 39.83µg (9.96%), Calcium: 98.16mg (9.82%), Zinc: 1.45mg (9.65%), Vitamin E: 1.01mg (6.71%), Fiber: 0.9g (3.58%)