



HEALTH SCORE

100%

## Baked trout with fennel, radish & rocket salad



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 trout whole
- ☐ 0.5 bunch thyme leaves
- ☐ 2 optional: lemon juiced sliced
- ☐ 2 tbsp olive oil
- ☐ 1 large fennel bulb finely sliced
- ☐ 100 g radishes finely sliced
- ☐ 1 tbsp capers chopped
- ☐ 1 large handful arugula

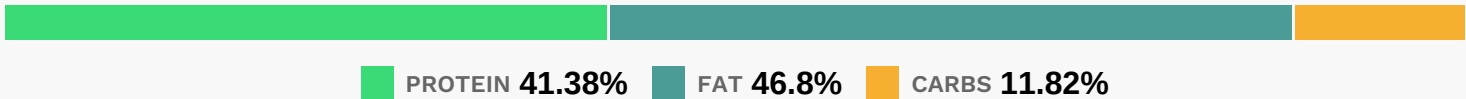
# Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Slash the trout's skin three times on both sides then stuff a thyme branch into each cut.
- ☐ Lay the fish on a baking sheet and fill the cavity with the lemon slices and remaining thyme sprigs. Season the fish, drizzle over some olive oil then bake it for 15–20 mins until cooked through.
- ☐ Meanwhile, mix lemon juice with olive oil, then pour over the fennel and allow to stand for 10 mins. Stir in the radishes and capers and season.
- ☐ Mix the rocket through the fennel and radish salad just before serving with big bits of the flaked trout.

# Nutrition Facts



# Properties

Glycemic Index:89.75, Glycemic Load:4.41, Inflammation Score:-9, Nutrition Score:56.393478269162%

# Flavonoids

Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg Eriodictyol: 24.33mg, Eriodictyol: 24.33mg, Eriodictyol: 24.33mg, Eriodictyol: 24.33mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg, Luteolin: 2.52mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg, Kaempferol: 9.6mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg

# Nutrients (% of daily need)

Calories: 707.05kcal (35.35%), Fat: 37.2g (57.23%), Saturated Fat: 6.03g (37.66%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 13.24g (4.81%), Sugar: 8.45g (9.39%), Cholesterol: 197.2mg (65.73%), Sodium: 381.44mg

(16.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.01g (148.02%), Vitamin B12: 26.49µg (441.43%), Manganese: 3.24mg (161.82%), Vitamin C: 83.67mg (101.41%), Phosphorus: 925.47mg (92.55%), Vitamin K: 94.85µg (90.34%), Vitamin D: 13.26µg (88.4%), Vitamin B1: 1.26mg (83.77%), Vitamin B3: 16.36mg (81.8%), Vitamin B5: 7.2mg (72.04%), Vitamin B2: 1.22mg (71.75%), Selenium: 44.47µg (63.53%), Potassium: 2022.17mg (57.78%), Vitamin B6: 0.87mg (43.43%), Copper: 0.81mg (40.53%), Iron: 7.24mg (40.24%), Fiber: 7.89g (31.55%), Magnesium: 116.05mg (29.01%), Folate: 111.31µg (27.83%), Calcium: 266.02mg (26.6%), Vitamin E: 3.62mg (24.12%), Zinc: 2.76mg (18.41%), Vitamin A: 668.58IU (13.37%)