



Baked Trout with Olive-Tomato Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 2 tablespoons parsley fresh minced
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.3 cup manzanilla olives green pitted coarsely chopped (or) (6 olives)
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 1 cup tomatoes finely chopped

☐

24 ounce trout

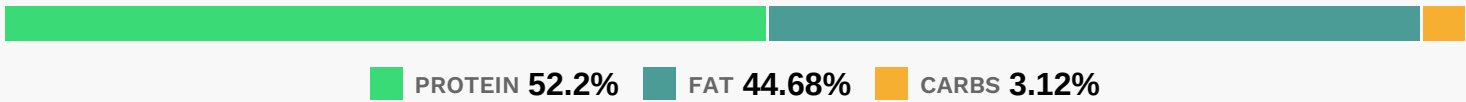
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Line a baking sheet with foil; coat foil with cooking spray.
- ☐ Place fish, skin side down, on prepared baking sheet.
- ☐ Sprinkle evenly with parsley, salt, and pepper.
- ☐ Bake at 400 for 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with olive mixture.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:26.942174082217%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 281.3kcal (14.06%), Fat: 13.65g (21%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.25g (0.45%), Sugar: 1.05g (1.17%), Cholesterol: 98.66mg (32.89%), Sodium: 569.2mg (24.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.75%), Vitamin B12: 13.25µg (220.84%), Manganese: 1.51mg (75.73%), Vitamin D: 6.63µg (44.23%), Phosphorus: 427.86mg (42.79%), Vitamin B1: 0.61mg (40.9%), Vitamin B3: 7.94mg (39.69%), Vitamin K: 37.33µg (35.56%), Vitamin B2: 0.57mg (33.77%), Vitamin B5: 3.35mg (33.46%), Selenium: 21.57µg (30.81%), Potassium: 720.24mg (20.58%), Vitamin B6: 0.38mg (18.88%), Copper: 0.36mg (18.24%), Iron: 2.87mg (15.97%), Vitamin A: 612.35IU (12.25%), Magnesium: 44.38mg (11.09%), Vitamin C: 8.76mg (10.62%), Calcium: 85.9mg (8.59%), Zinc: 1.22mg (8.14%), Folate: 31.48µg (7.87%), Vitamin E: 1.04mg (6.94%), Fiber: 0.89g (3.56%)