



HEALTH SCORE

87%

Baked Trout with Shiitake Mushrooms, Tomatoes, and Ginger



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 servings cilantro sprigs fresh



2 teaspoons ginger fresh minced peeled



2 large mushroom caps fresh stemmed thinly sliced



2 garlic cloves minced



2 green onions chopped



24 ounces rainbow-colored candy whole cleaned



2 teaspoons asian sesame oil

- ☐ 4 teaspoons soya sauce
- ☐ 0.5 cup tomatoes seeded chopped

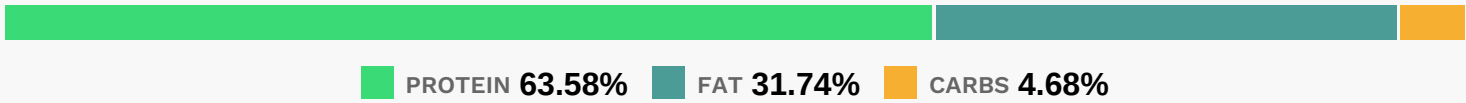
Equipment

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

Directions

- ☐ Preheat oven to 400°F. Line large rimmed baking sheet with foil; coat with nonstick spray.
- ☐ Sprinkle fish with salt and pepper. Open fish like a book and arrange, skin side down, on prepared baking sheet.
- ☐ Mix next 5 ingredients in bowl.
- ☐ Sprinkle mixture over fish, drizzle with soy sauce and sesame oil, then top with cilantro sprigs.
- ☐ Bake uncovered until fish is opaque in center, about 20 minutes.
- ☐ See Nutrition Data's analysis ›
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:35.63608691485%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 468.79kcal (23.44%), Fat: 15.98g (24.58%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 3.99g (1.45%), Sugar: 1.86g (2.07%), Cholesterol: 200.71mg (66.9%), Sodium: 781.64mg (33.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.02g (144.05%), Vitamin B12: 15.14µg (252.31%), Vitamin B3: 19.65mg (98.27%), Phosphorus: 971.9mg (97.19%), Vitamin B6: 1.52mg (76.19%), Selenium: 44.27µg (63.24%), Potassium: 1846.59mg (52.76%), Manganese: 0.75mg (37.32%), Vitamin B5: 3.48mg (34.77%), Vitamin B1: 0.45mg (30.3%), Magnesium: 121.19mg (30.3%), Vitamin K: 28.69µg (27.32%), Zinc: 4.02mg (26.81%), Vitamin B2: 0.43mg (25.1%), Calcium: 248.79mg (24.88%), Copper: 0.45mg (22.63%), Vitamin C: 16.59mg (20.11%), Iron: 3.07mg (17.04%), Folate: 58.44µg (14.61%), Vitamin A: 647.87IU (12.96%), Fiber: 1.31g (5.24%), Vitamin E: 0.33mg (2.22%)