



Barbequed Steelhead Trout

 Gluten Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbeque sauce
- ☐ 0.3 cup butter melted
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 teaspoon paprika
- ☐ 2 pounds steelhead trout fillets

Equipment

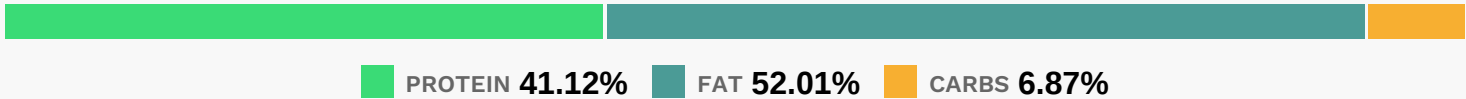
- ☐ whisk

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat an outdoor grill for medium heat, and lightly oil the grate.
- ☐ Arrange the trout fillets on large piece of aluminum foil.
- ☐ Whisk together the butter, lemon juice, paprika, and cayenne pepper; brush the mixture onto the fillets.
- ☐ Cook on the preheated grill until the fish flakes easily with a fork, about 10 minutes; brush the fillets with the barbeque sauce; cook another 2 minutes.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:21.996956535008%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 313.55kcal (15.68%), Fat: 17.77g (27.34%), Saturated Fat: 6.61g (41.31%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 5.12g (1.86%), Sugar: 4.1g (4.56%), Cholesterol: 108.03mg (36.01%), Sodium: 262.3mg (11.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.23%), Vitamin B12: 11.79µg (196.57%), Manganese: 1.3mg (65.22%), Vitamin D: 5.9µg (39.31%), Phosphorus: 375.87mg (37.59%), Vitamin B1: 0.53mg (35.6%), Vitamin B3: 6.9mg (34.48%), Vitamin B2: 0.51mg (30.06%), Vitamin B5: 2.97mg (29.72%), Selenium: 19.31µg (27.59%), Potassium: 583.63mg (16.68%), Vitamin B6: 0.32mg (15.84%), Copper: 0.29mg (14.72%), Iron: 2.37mg (13.17%), Magnesium: 35.51mg (8.88%), Vitamin A: 407.92IU (8.16%), Calcium: 71.77mg (7.18%), Zinc: 1.03mg (6.89%), Folate: 21.26µg (5.32%), Vitamin E: 0.66mg (4.41%), Vitamin C: 2.8mg (3.39%), Vitamin K: 1.13µg (1.07%)