



## Bill's Trout

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 lb bacon to make 2 to 4 tablespoons bacon drippings (or use same amount of salad oil)
- 0.5 cup cornmeal
- 4 similar freshwater fish (up to 1 lb. each)
- 0.5 cup flour all-purpose
- 4 servings salt and pepper

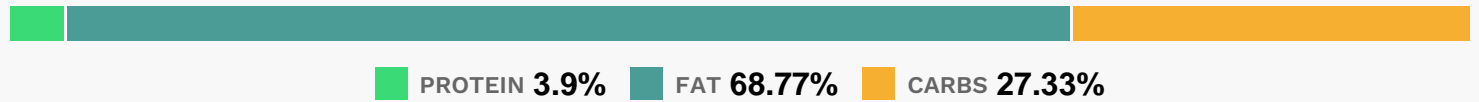
## Equipment

- frying pan
- ziploc bags

## Directions

- At home: Put cornmeal, flour, salt, and pepper in a 1-gallon zip-lock plastic food bag. Pack bacon drippings in a small, widemouthed Nalgene jar (see notes). Transport in an insulated chest.
- In camp: Gut fish. If desired, or for fit in pan, cut off heads and tails. Rinse fish well.
- Put fish in the plastic bag with the cornmeal mixture and shake to coat.
- Put bacon drippings in a nonstick 10- to 12-inch frying pan over medium heat. When hot, add fish to pan without crowding. Brown well and cook just until thickest part flakes easily when prodded to the bone, about 5 minutes per side, depending on size. If desired, serve bacon with fish.

## Nutrition Facts



## Properties

Glycemic Index:35.88, Glycemic Load:17.27, Inflammation Score:-2, Nutrition Score:4.8404347420387%

## Nutrients (% of daily need)

Calories: 388.45kcal (19.42%), Fat: 29.55g (45.46%), Saturated Fat: 11.29g (70.59%), Carbohydrates: 26.41g (8.8%), Net Carbohydrates: 24.12g (8.77%), Sugar: 0.35g (0.39%), Cholesterol: 27.43mg (9.14%), Sodium: 237.94mg (10.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.55%), Vitamin B1: 0.18mg (12.18%), Manganese: 0.23mg (11.74%), Selenium: 6.91µg (9.87%), Fiber: 2.29g (9.16%), Folate: 35.59µg (8.9%), Iron: 1.33mg (7.37%), Vitamin B3: 1.45mg (7.26%), Phosphorus: 63.29mg (6.33%), Vitamin B6: 0.13mg (6.29%), Magnesium: 24.98mg (6.24%), Vitamin B2: 0.1mg (5.66%), Zinc: 0.76mg (5.07%), Vitamin D: 0.74µg (4.93%), Copper: 0.07mg (3.57%), Potassium: 83.78mg (2.39%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.26mg (1.71%)