



Broiled Rainbow Trout



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.5 cup chicken broth low-sodium undiluted canned
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons garlic minced
- ☐ 6 slices optional: lemon thin
- ☐ 2 teaspoons oregano dried
- ☐ 20 ounce rainbow-colored candy whole
- ☐ 0.5 teaspoon sesame oil

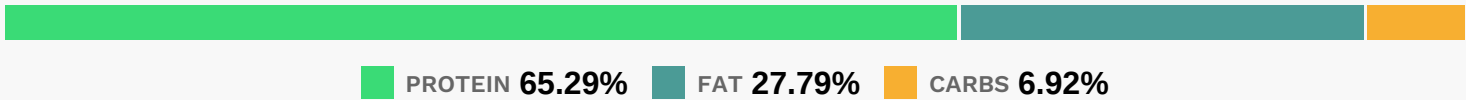
Equipment

- ☐ paper towels
- ☐ oven
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Rinse trout thoroughly with cold water. Pat dry with paper towels.
- ☐ Place trout in a large heavy-duty, zip-top plastic bag.
- ☐ Combine chicken broth and next 5 ingredients; pour over fish. Seal bag, and marinate in refrigerator 3 hours, turning bag occasionally.
- ☐ Remove fish from marinade, and discard marinade.
- ☐ Place fish on rack of a broiler pan coated with cooking spray.
- ☐ Place 3 lemon slices in each fish cavity. Broil 5 1/2 inches from heat (with electric oven door partially opened) 4 minutes on each side or until fish flakes easily when tested with a fork. If desired, garnish with lemon wedges and parsley sprigs.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:1.08, Inflammation Score:-9, Nutrition Score:31.273912730424%

Flavonoids

Eriodictyol: 4.49mg, Eriodictyol: 4.49mg, Eriodictyol: 4.49mg, Eriodictyol: 4.49mg Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg, Hesperetin: 5.86mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 378.23kcal (18.91%), Fat: 11.37g (17.49%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 4.49g (1.63%), Sugar: 1.48g (1.64%), Cholesterol: 167.26mg (55.75%), Sodium: 108.92mg (4.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.1g (120.19%), Vitamin B12: 12.67µg (211.24%), Vitamin B3: 16.26mg (81.28%), Phosphorus: 800.57mg (80.06%), Vitamin B6: 1.25mg (62.26%), Selenium: 36.35µg (51.93%), Potassium: 1512.46mg (43.21%), Manganese: 0.71mg (35.44%), Vitamin K: 29.77µg (28.35%), Vitamin B5: 2.72mg (27.15%), Magnesium: 104.01mg (26%), Calcium: 258.88mg (25.89%), Vitamin B1: 0.37mg (24.5%), Vitamin C: 18.92mg (22.94%), Zinc: 3.3mg (21.98%), Iron: 3.96mg (21.97%), Vitamin B2: 0.35mg (20.32%), Copper: 0.39mg (19.54%), Folate: 44.26µg (11.06%), Fiber: 1.88g (7.51%), Vitamin A: 222.12IU (4.44%), Vitamin E: 0.52mg (3.47%)