



Brook Trout Grilled with Wild Rice



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 2 cups leek divided thinly sliced
- ☐ 1.5 cups mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper divided
- ☐ 0.3 teaspoon salt divided

- ☐ 4 thyme sprigs
- ☐ 32 ounce brook trout cleaned
- ☐ 4 cups water
- ☐ 0.5 cup rice wild uncooked

Equipment

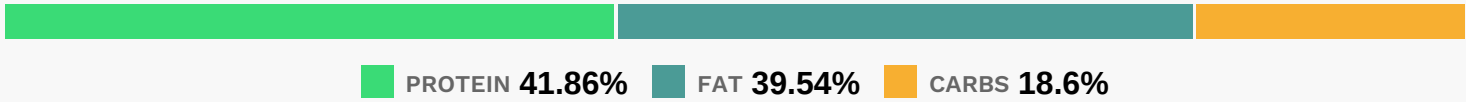
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add 1/4 cup leek, mushrooms, and garlic; saut 3 minutes.
- ☐ Add water, rice, 1/8 teaspoon salt, and 1/8 teaspoon pepper; bring to a boil. Cover, reduce heat, and simmer 50 minutes or until rice is tender.
- ☐ Drain rice, reserving 1 cup cooking liquid; set rice aside. Return cooking liquid to pan. Bring to a boil, and cook 8 minutes or until reduced to 1/2 cup.
- ☐ Remove from heat; set broth aside, and keep warm.
- ☐ Place 1 thyme sprig in the center of each of 4 (10-inch) squares of aluminum foil.
- ☐ Place 1 fish on top of each thyme sprig.
- ☐ Sprinkle remaining salt and pepper over inside cavities of fish. Stuff 1/2 cup rice mixture into cavity of each fish. Wrap fish in foil, twisting ends to seal.
- ☐ Prepare grill.
- ☐ Place foil-wrapped fish on grill rack; grill 10 minutes on each side or until fish flakes easily when tested with a fork. Unwrap fish; remove and discard skin. Set fish aside, and keep warm.
- ☐ Melt butter in a small saucepan over medium-high heat.
- ☐ Add remaining leek, and saut 2 minutes or until tender. Divide leek evenly among 4 individual plates, and top with fish.
- ☐ Drizzle 2 tablespoons broth over each fish, and sprinkle with parsley.

- ☐ Garnish with thyme sprigs, if desired.
- ☐ carbo rating: 22

Nutrition Facts



Properties

Glycemic Index:77.25, Glycemic Load:9.86, Inflammation Score:-9, Nutrition Score:39.911304266556%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 500.96kcal (25.05%), Fat: 21.83g (33.59%), Saturated Fat: 4.96g (31.02%), Carbohydrates: 23.11g (7.7%), Net Carbohydrates: 20.49g (7.45%), Sugar: 2.97g (3.3%), Cholesterol: 139.07mg (46.36%), Sodium: 310.58mg (13.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.01g (104.01%), Vitamin B12: 17.69µg (294.8%), Manganese: 2.47mg (123.72%), Phosphorus: 692.61mg (69.26%), Vitamin B3: 13.07mg (65.35%), Vitamin D: 8.92µg (59.45%), Vitamin B1: 0.88mg (58.39%), Vitamin B2: 0.97mg (56.87%), Vitamin B5: 5.23mg (52.34%), Selenium: 33.08µg (47.25%), Vitamin K: 40.49µg (38.56%), Copper: 0.75mg (37.4%), Vitamin B6: 0.69mg (34.35%), Potassium: 1115.92mg (31.88%), Iron: 5.19mg (28.84%), Magnesium: 105.94mg (26.48%), Vitamin A: 1094.86IU (21.9%), Folate: 85.2µg (21.3%), Zinc: 3mg (19.97%), Calcium: 144.46mg (14.45%), Vitamin C: 10.4mg (12.6%), Vitamin E: 1.63mg (10.83%), Fiber: 2.62g (10.49%)