



Brook Trout Müllerin

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 4 tablespoons butter
- ☐ 0.3 cup flour
- ☐ 1 optional: lemon halved
- ☐ 1 Leaves parsley fresh chopped
- ☐ 2 servings salt
- ☐ 4 trout

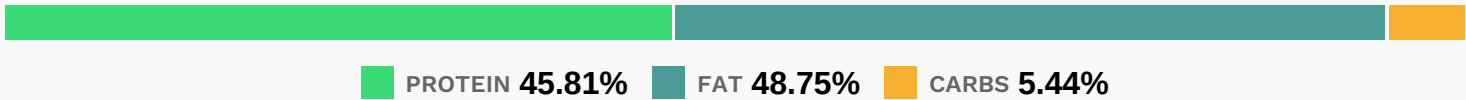
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Season both sides of the filets with salt and pepper and lightly dust with flour. Melt the butter in a large skillet over medium-high heat.
- ☐ Place the filets, skin-side down, and cook until the skin is brown and crispy, 3–5 minutes. Carefully turn with a spatula and cook for another 30 seconds.
- ☐ Squeeze the lemon over the fish and add the parsley. As the sauce begins to bubble up, spoon ample butter over each filet and serve immediately.
- ☐ Reprinted with permission from Cooking From the Heart: My Favorite Lessons Learned Along the Way by John Besh. Copyright © 2013 John Besh. Published by Andrews McMeel Publishing.

Nutrition Facts



Properties

Glycemic Index:107.25, Glycemic Load:9.55, Inflammation Score:-8, Nutrition Score:60.910869826441%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 1280.13kcal (64.01%), Fat: 67.98g (104.58%), Saturated Fat: 22.25g (139.08%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 15.09g (5.49%), Sugar: 1.41g (1.57%), Cholesterol: 454.6mg (151.53%), Sodium: 729.12mg (31.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 143.71g (287.41%), Vitamin B12: 53.02µg (883.66%), Manganese: 5.92mg (296.18%), Vitamin D: 26.52µg (176.8%), Phosphorus: 1698.68mg (169.87%), Vitamin B1: 2.53mg (168.41%), Vitamin B3: 31.6mg (157.98%), Vitamin B2: 2.34mg (137.78%), Vitamin B5: 13.4mg (133.97%), Selenium: 91.48µg (130.68%), Potassium: 2556.9mg (73.05%), Vitamin B6: 1.41mg (70.58%), Copper: 1.32mg (66.16%), Iron: 11.3mg (62.76%), Vitamin C: 32.69mg (39.62%), Magnesium: 158.34mg (39.59%), Calcium:

316.76mg (31.68%), Folate: 124.55µg (31.14%), Zinc: 4.66mg (31.08%), Vitamin A: 1141.87IU (22.84%), Vitamin E: 2.1mg (14.03%), Vitamin K: 11.05µg (10.52%), Fiber: 1.98g (7.9%)