



Buttery trout with capers

 **Gluten Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet trout thick
- ☐ 100 g butter
- ☐ 1 tablespoon juice of lemon
- ☐ 1 handful parsley chopped
- ☐ 2 tbsp caper rinsed

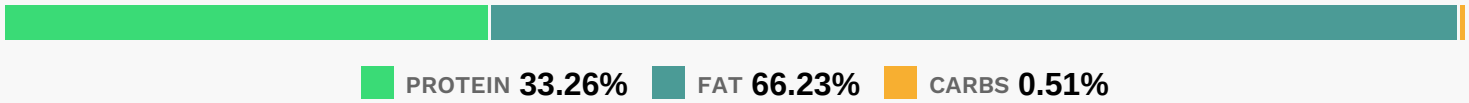
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Rinse the fish, then pat dry with kitchen paper. Put in a roasting tray, season, then dot with a third of the butter. Roast for 10–12 mins.
- ☐ When the fish is almost ready, melt the remaining butter in a frying pan. Turn up the heat until it turns brown. Take off the heat, then add lemon juice, parsley and capers.
- ☐ Pour over the fish, then serve with green beans.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:25.31217380192%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 433.02kcal (21.65%), Fat: 31.57g (48.56%), Saturated Fat: 14.82g (92.6%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.14g (0.15%), Cholesterol: 152.35mg (50.78%), Sodium: 368.81mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.67g (71.33%), Vitamin B12: 13.29µg (221.42%), Manganese: 1.45mg (72.61%), Vitamin D: 6.63µg (44.2%), Phosphorus: 423.81mg (42.38%), Vitamin B1: 0.6mg (39.92%), Vitamin B3: 7.7mg (38.53%), Vitamin B2: 0.58mg (33.94%), Vitamin B5: 3.34mg (33.36%), Selenium: 21.73µg (31.04%), Vitamin K: 19.38µg (18.46%), Potassium: 630.82mg (18.02%), Vitamin B6: 0.34mg (17.22%), Copper: 0.34mg (16.89%), Vitamin A: 812.05IU (16.24%), Iron: 2.69mg (14.95%), Magnesium: 40.04mg (10.01%), Calcium: 82.43mg (8.24%), Zinc: 1.17mg (7.81%), Folate: 26.11µg (6.53%), Vitamin E: 0.97mg (6.47%), Vitamin C: 3.82mg (4.63%)