



Campfire Trout

 **Gluten Free**

READY IN



17 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter divided
- 1 clove garlic minced
- 1 medium bell pepper green sliced
- 4 servings salt and pepper to taste
- 4 trout cleaned

Equipment

- aluminum foil

Directions

- Place each trout on a piece of aluminum foil. Season to taste with salt and pepper, then stuff the cavity with 1 tablespoon of butter, green pepper and garlic if using.
- Roll the trout tightly in the foil, forming packets. Use some additional foil to secure each packet of fish to a metal roasting rod for use as a handle when removing fish from the coals.
- Cover the fish packets in the red hot, smoldering coals of your campfire and cook until the fish is done, 7 to 10 minutes, depending on the heat of the fire.

Nutrition Facts

PROTEIN 47.71% **FAT 51.19%** **CARBS 1.1%**

Properties

Glycemic Index:22.5, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:42.678260606268%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 610.65kcal (30.53%), Fat: 33.88g (52.13%), Saturated Fat: 11.12g (69.5%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.73g (0.81%), Cholesterol: 227.3mg (75.77%), Sodium: 461.63mg (20.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.04g (142.08%), Vitamin B12: 26.51µg (441.83%), Manganese: 2.94mg (147.14%), Vitamin D: 13.26µg (88.4%), Phosphorus: 843.46mg (84.35%), Vitamin B1: 1.21mg (80.61%), Vitamin B3: 15.45mg (77.27%), Vitamin B2: 1.14mg (66.82%), Vitamin B5: 6.65mg (66.45%), Selenium: 43.09µg (61.55%), Vitamin B6: 0.76mg (37.82%), Potassium: 1285.87mg (36.74%), Copper: 0.66mg (33.06%), Vitamin C: 25.85mg (31.34%), Iron: 5.22mg (28.99%), Magnesium: 78.25mg (19.56%), Calcium: 154.01mg (15.4%), Zinc: 2.3mg (15.36%), Vitamin A: 653.8IU (13.08%), Folate: 47.62µg (11.9%), Vitamin E: 1.12mg (7.44%), Vitamin K: 3.53µg (3.37%), Fiber: 0.52g (2.09%)