



Cedar Plank Fish with Citrus Horseradish Crust and Butter Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings butter sauce
- ☐ 1 cedar plank
- ☐ 2 teaspoons creole seasoning
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 cup horseradish fresh grated
- ☐ 1 slices garnish: of citrus fruit
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind minced
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon orange rind minced
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 20 ounce trout

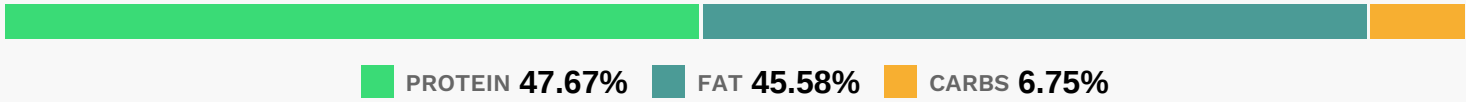
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Soak plank in water to cover 1 hour; drain.
- ☐ Stir together horseradish and next 7 ingredients in a small bowl.
- ☐ Rub plank with olive oil.
- ☐ Place fillets on plank; sprinkle with Creole seasoning. Top each fillet with horseradish mixture.
- ☐ Bake at 400 for 14 minutes or until fish flakes with a fork.
- ☐ Serve with Butter Sauce, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:118.05, Glycemic Load:3.88, Inflammation Score:-8, Nutrition Score:38.210000121075%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 507.58kcal (25.38%), Fat: 25.23g (38.81%), Saturated Fat: 6.18g (38.62%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.56g (2.75%), Sugar: 6.11g (6.79%), Cholesterol: 175.18mg (58.39%), Sodium: 762.14mg (33.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.37g (118.75%), Vitamin B12: 22.09µg (368.21%), Manganese: 2.46mg (122.97%), Vitamin D: 11.06µg (73.71%), Phosphorus: 706.2mg (70.62%), Vitamin B1: 1.02mg (68%), Vitamin B3: 13.03mg (65.16%), Vitamin B2: 0.97mg (56.82%), Vitamin B5: 5.57mg (55.67%), Selenium: 36.02µg (51.46%), Potassium: 1119.77mg (31.99%), Vitamin B6: 0.63mg (31.68%), Copper: 0.55mg (27.69%), Iron: 4.49mg (24.97%), Vitamin C: 19.97mg (24.2%), Vitamin A: 1173.35IU (23.47%), Magnesium: 68.74mg (17.19%), Calcium: 132.36mg (13.24%), Zinc: 1.95mg (13%), Folate: 47.79µg (11.95%), Vitamin E: 1.61mg (10.71%), Vitamin K: 4.1µg (3.91%), Fiber: 0.85g (3.39%)