



Cornmeal-Crusted Trout with Warm Tomato and Tarragon Salsa

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



886 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup flour
- ☐ 1 tablespoon ancho chili powder
- ☐ 3 tablespoons bottled clam juice
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 4 garlic clove minced
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 6 tablespoons olive oil
- ☐ 0.3 cup pumpkin seeds shelled lightly toasted (pepitas)
- ☐ 0.5 cup onion red chopped
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons serrano chiles minced seeded
- ☐ 48 ounce trout whole
- ☐ 0.3 cup cornmeal yellow
- ☐ 1.5 pounds tomatoes red yellow seeded cut into 1/2-inch pieces (preferably vine-ripened)

Equipment

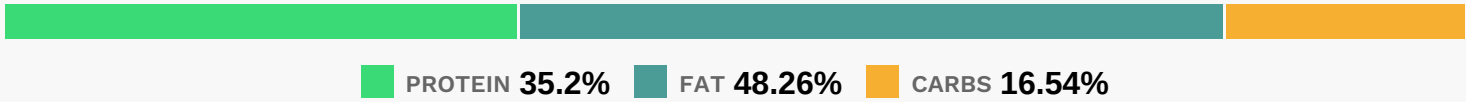
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk flour, cornmeal, chili powder, and salt in 13x9x2-inch baking dish to blend. Pat trout dry with paper towels.
- ☐ Sprinkle trout cavities with salt and pepper. Coat trout with cornmeal mixture.
- ☐ Heat 2 tablespoons oil in each of 2 heavy large skillets over medium-high heat.
- ☐ Add 2 trout to each skillet and cook until trout are opaque in center and crisp on outside, about 4 minutes per side.
- ☐ Transfer trout to plates.
- ☐ Wipe out 1 skillet, then heat remaining 2 tablespoons oil in skillet over medium-high heat.
- ☐ Add onion, garlic, and serrano chili. Sauté until onion is tender, about 2 minutes.
- ☐ Add tomatoes, clam juice, lemon juice, and honey. Cook just until liquids begin to simmer, about 2 minutes.
- ☐ Remove skillet from heat. Stir in tarragon. Season salsa to taste with salt and pepper.
- ☐ Spoon salsa over trout.

- ☐
- Sprinkle with pumpkin seeds and serve.
- ☐
- *Ancho chili powder is available in the spice section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:83.19, Glycemic Load:17.13, Inflammation Score:-8, Nutrition Score:53.831304094066%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 885.96kcal (44.3%), Fat: 47.32g (72.79%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 32.06g (11.66%), Sugar: 4.79g (5.33%), Cholesterol: 197.31mg (65.77%), Sodium: 874.59mg (38.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.65g (155.31%), Vitamin B12: 26.5µg (441.74%), Manganese: 3.73mg (186.62%), Phosphorus: 1014.95mg (101.49%), Vitamin B1: 1.46mg (97.53%), Vitamin B3: 19.25mg (96.24%), Vitamin D: 13.27µg (88.45%), Vitamin B2: 1.35mg (79.63%), Selenium: 51.11µg (73.01%), Vitamin B5: 7.05mg (70.48%), Potassium: 1914.57mg (54.7%), Vitamin B6: 1.03mg (51.39%), Copper: 0.98mg (48.78%), Iron: 8.58mg (47.68%), Magnesium: 149.66mg (37.42%), Folate: 142.61µg (35.65%), Vitamin E: 4.65mg (31%), Vitamin C: 24.31mg (29.47%), Zinc: 3.8mg (25.34%), Calcium: 208.76mg (20.88%), Vitamin A: 888.07IU (17.76%), Fiber: 4.44g (17.75%), Vitamin K: 15.71µg (14.96%)