



 **59%**
HEALTH SCORE

Crisp Lime Brook Trout

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons cooking oil plus more if needed
- 4 servings fresh-ground pepper black
- 1 tablespoon juice of lime
- 0.5 teaspoon lime zest grated
- 0.5 cup olive oil
- 1.1 teaspoons salt
- 8 fillet trout (2 pounds in all)

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- whisk

Directions

- In a small bowl, whisk together the lime juice, lime zest, 1/8 teaspoon of the salt, and a pinch of pepper.
- Add the olive oil slowly, whisking.
- Heat the oven to 20
- Cover a baking sheet with paper towels.
- In a large nonstick frying pan, heat the cooking oil over moderately high heat.
- Sprinkle the trout with the remaining 1 teaspoon salt and 1/2 teaspoon pepper. Put half the fillets in the pan, skin-side down, and cook until golden, about 3 minutes. Turn and cook until just done, about 1 minute longer.
- Transfer the fillets to the prepared baking sheet, skin-side up and keep warm in the oven while cooking the remaining fillets.
- Add more oil between batches if necessary.
- Serve, skin-side up, surrounded by the lime dressing.
- Fish Alternatives: The acidity of the lime juice in the dressing pairs well with a wide range of fish. Try sautéed or grilled kingfish, mackerel, or porgy fillets.
- Variation
- Crisp Lime Brook Trout with Fresh Herbs
- Add 2 tablespoons chopped fresh cilantro, parsley, or chives to the dressing.
- Wine Recommendation: The tart lime and crisp fish call for a white wine with good acidity. A California or New Zealand sauvignon blanc will be good here.

Nutrition Facts



■ PROTEIN **44.88%** ■ FAT **54.86%** ■ CARBS **0.26%**

Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:41.356522308744%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 645.02kcal (32.25%), Fat: 38.38g (59.05%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.07g (0.08%), Cholesterol: 197.2mg (65.73%), Sodium: 831.05mg (36.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.65g (141.29%), Vitamin B12: 26.49µg (441.43%), Manganese: 2.91mg (145.43%), Vitamin D: 13.26µg (88.4%), Phosphorus: 833.73mg (83.37%), Vitamin B1: 1.19mg (79.41%), Vitamin B3: 15.31mg (76.53%), Vitamin B2: 1.12mg (66.05%), Vitamin B5: 6.6mg (66.03%), Selenium: 42.85µg (61.22%), Potassium: 1233.56mg (35.24%), Vitamin B6: 0.68mg (34.09%), Copper: 0.64mg (32.11%), Iron: 5.15mg (28.61%), Vitamin E: 3.3mg (22.03%), Magnesium: 75.3mg (18.83%), Zinc: 2.25mg (15%), Calcium: 147.71mg (14.77%), Folate: 44.61µg (11.15%), Vitamin K: 11.27µg (10.73%), Vitamin A: 196.35IU (3.93%), Vitamin C: 2.9mg (3.51%)