



Escabeche of Trout

 Dairy Free

READY IN



762 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 teaspoon coriander freshly ground
- ☐ 1.5 cups cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 6 sprigs thyme leaves fresh
- ☐ 3 cloves garlic sliced
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 3 strips lemon zest

- ☐ 0.3 cup olive oil
- ☐ 1 medium onion red julienned
- ☐ 0.5 teaspoon paprika smoked
- ☐ 24 ounce trout whole rinsed
- ☐ 0.5 cup citrus champagne vinegar

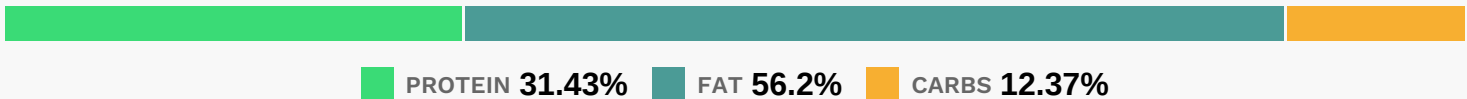
Equipment

- ☐ frying pan
- ☐ spatula
- ☐ tongs
- ☐ glass baking pan

Directions

- ☐ Combine the flour, 1 teaspoon of salt, and 1/4 teaspoon of black pepper in a gallon zip-top bag. Pat the trout dry and toss to coat in the bag with the seasoned flour.
- ☐ Heat the olive oil in a 12-inch saute pan set over medium-high heat until it shimmers. Carefully add the trout to the pan. Cook on each side for 1 minute.
- ☐ Using tongs or a fish spatula, transfer the trout to a 13 by 9-inch glass baking dish. Reduce the heat to medium, add the onion, and cook until translucent, approximately 5 minutes.
- ☐ Add the garlic and cook for an additional minute.
- ☐ Add the remaining 1/2 teaspoon salt, 1/4 teaspoon black pepper, thyme, coriander, paprika, white wine, vinegar, and lemon zest. Decrease the heat to low and simmer, uncovered, for 10 minutes.
- ☐ Remove from the heat and pour the marinade over the trout. Refrigerate, uncovered, for at least 1 hour before serving.
- ☐ Serve cool or at room temperature with the sauce and onions. Refrigerate, covered, for up to 12 hours.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:6.99, Inflammation Score:-9, Nutrition Score:28.798695502074%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 546.55kcal (27.33%), Fat: 29.5g (45.38%), Saturated Fat: 4.49g (28.04%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 13.26g (4.82%), Sugar: 2.14g (2.38%), Cholesterol: 98.66mg (32.89%), Sodium: 969.93mg (42.17%), Alcohol: 9.27g (100%), Alcohol %: 3.32% (100%), Protein: 37.11g (74.23%), Vitamin B12: 13.25µg (220.84%), Manganese: 1.78mg (88.97%), Vitamin B1: 0.7mg (46.77%), Phosphorus: 461.88mg (46.19%), Vitamin D: 6.63µg (44.23%), Vitamin B3: 8.48mg (42.39%), Vitamin B2: 0.65mg (38.12%), Selenium: 25.61µg (36.59%), Vitamin B5: 3.45mg (34.52%), Vitamin B6: 0.46mg (23.16%), Iron: 4mg (22.23%), Potassium: 772.81mg (22.08%), Vitamin E: 3.02mg (20.15%), Copper: 0.38mg (18.8%), Magnesium: 57.45mg (14.36%), Folate: 48.31µg (12.08%), Vitamin K: 12.16µg (11.58%), Calcium: 106.25mg (10.62%), Zinc: 1.44mg (9.61%), Vitamin C: 7.16mg (8.68%), Vitamin A: 293.85IU (5.88%), Fiber: 1.34g (5.36%)