



 **76%**  
HEALTH SCORE

# Grilled Butterflied Trout with Lemon-Parsley Butter



Gluten Free



Very Healthy



Low Fod Map

READY IN



82 min.

SERVINGS



4

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings canola oil
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons juice of lemon fresh
- 4 servings lemon wedges for garnish
- 2 teaspoons lemon zest finely grated
- 4 servings parsley sprigs for garnish
- 3 tablespoons parsley leaves fresh italian finely chopped

- 4 servings salt and pepper freshly ground
- 4 pound trout without head (skin on)
- 1 stick butter unsalted at room temperature

## Equipment

- bowl
- grill

## Directions

- Heat grill to high.
- Brush trout on both sides with oil and season with salt and pepper. Grill, skin-side down, until slightly charred and crisp, 2 to 3 minutes. Carefully turn each fish over and continue cooking until just cooked through, 3 to 4 minutes longer.
- Remove from the grill and top each with 2 tablespoons Lemon-Parsley Butter.
- Garnish with parsley sprigs and lemon wedges and serve.
- Mix all ingredients together in a medium bowl and season with salt and pepper, to taste. Cover and refrigerate for at least 1 hour before using.

## Nutrition Facts

**PROTEIN 38.4%** **FAT 61.1%** **CARBS 0.5%**

## Properties

Glycemic Index:22.38, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:56.701738803283%

## Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 15.08mg, Apigenin: 15.08mg, Apigenin: 15.08mg, Apigenin: 15.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 1002.56kcal (50.13%), Fat: 66.98g (103.04%), Saturated Fat: 20.77g (129.79%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.33g (0.37%), Cholesterol: 323.82mg (107.94%), Sodium: 630.63mg (27.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.71g (189.42%), Vitamin B12: 35.38µg (589.71%), Manganese: 3.87mg (193.73%), Vitamin K: 127.21µg (121.16%), Vitamin D: 18.11µg (120.76%), Phosphorus: 1123.02mg (112.3%), Vitamin B1: 1.6mg (106.52%), Vitamin B3: 20.53mg (102.64%), Vitamin B2: 1.52mg (89.14%), Vitamin B5: 8.87mg (88.74%), Selenium: 57.46µg (82.09%), Potassium: 1693.81mg (48.39%), Vitamin B6: 0.92mg (46.02%), Copper: 0.87mg (43.52%), Iron: 7.27mg (40.37%), Vitamin A: 1555.37IU (31.11%), Vitamin E: 4.08mg (27.2%), Magnesium: 104.55mg (26.14%), Calcium: 213.77mg (21.38%), Zinc: 3.1mg (20.68%), Vitamin C: 16.3mg (19.76%), Folate: 72.19µg (18.05%), Fiber: 0.39g (1.55%)