



HEALTH SCORE

100%

Grilled Rainbow Trout with Mushroom Stuffing



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



935 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 0.5 pound mushrooms fresh chopped
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 lemons thinly sliced
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 9 pound dressed rainbow trout
- ☐ 0.5 teaspoon salt

- ☐ 2 shallots minced
- ☐ 12 thyme sprigs fresh

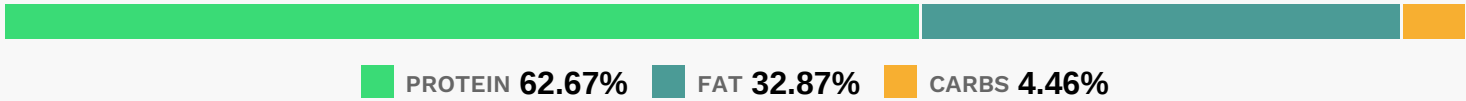
Equipment

- ☐ grill

Directions

- ☐ Brush inside of trout with oil.
- ☐ Combine shallots and next 5 ingredients; spoon evenly into trout.
- ☐ Place lemon slices and thyme sprigs on stuffing and outside of fish; tie trout with string.
- ☐ Brush outside of trout with oil.
- ☐ Cook, covered with grill lid, over medium-high heat (350 to 40
- ☐ about 8 minutes per side or until fish flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:52.054782432059%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 935.37kcal (46.77%), Fat: 33.08g (50.9%), Saturated Fat: 6.26g (39.13%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 7.77g (2.82%), Sugar: 2.58g (2.87%), Cholesterol: 401.43mg (133.81%), Sodium: 441.76mg (19.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 141.91g (283.82%), Vitamin B12: 30.31µg (505.14%), Vitamin B3: 38.41mg (192.04%), Phosphorus: 1898.17mg (189.82%), Vitamin B6: 2.88mg (143.81%), Selenium: 90.63µg (129.47%), Potassium: 3500.83mg (100.02%), Vitamin B5: 7.01mg (70.13%), Manganese: 1.25mg (62.27%),

Vitamin B1: 0.93mg (62.14%), Magnesium: 226.24mg (56.56%), Vitamin B2: 0.91mg (53.45%), Zinc: 7.72mg (51.5%),
Vitamin C: 41.94mg (50.84%), Calcium: 491.45mg (49.14%), Copper: 0.91mg (45.69%), Iron: 6.11mg (33.92%), Folate:
101.13µg (25.28%), Vitamin A: 581.45IU (11.63%), Fiber: 2.34g (9.36%), Vitamin E: 1.36mg (9.08%), Vitamin K: 6.05µg
(5.77%)