



Grilled Trout



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 sprigs tarragon fresh
- 1 optional: lemon sliced
- 0.3 cup juice of lemon
- 0.5 teaspoon salt
- 24 ounce trout
- 2 tablespoons vegetable oil plain

Equipment

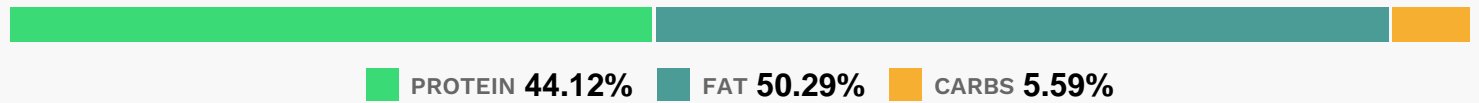
- bowl

- whisk
- baking pan
- grill

Directions

- Combine first 3 ingredients in a small bowl, stirring well with a wire whisk.
- Place fish in a 13- x 9-inch baking dish.
- Pour oil mixture over fish. Top fish evenly with tarragon and lemon slices. Cover and marinate in refrigerator 2 hours.
- Prepare grill.
- Place fish in a grill basket coated with cooking spray. Grill, covered, 5 to 7 minutes on each side or until fish flakes easily when tested with a fork.
- Tip: Substitute any fresh herb for the tarragon in this recipe.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:1.05, Inflammation Score:-4, Nutrition Score:26.838695360267%

Flavonoids

Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 328.94kcal (16.45%), Fat: 18.31g (28.16%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.06g (1.18%), Cholesterol: 98.66mg (32.89%), Sodium: 381.07mg (16.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.13g (72.27%), Vitamin B12: 13.25µg (220.84%), Manganese: 1.62mg (80.88%), Vitamin D: 6.63µg (44.23%), Phosphorus: 428.54mg (42.85%), Vitamin B1: 0.61mg (40.99%), Vitamin B3: 7.87mg (39.37%), Vitamin B2: 0.6mg (35.05%), Vitamin B5: 3.37mg (33.71%), Selenium: 21.64µg (30.92%), Vitamin C: 22.06mg (26.74%), Vitamin B6: 0.42mg (20.85%), Potassium: 727.48mg (20.79%), Iron: 3.38mg (18.75%), Copper: 0.35mg (17.3%), Vitamin K: 12.68µg (12.07%), Magnesium: 47.44mg (11.86%), Calcium:

104.04mg (10.4%), Folate: 33.61µg (8.4%), Zinc: 1.23mg (8.17%), Vitamin E: 0.96mg (6.4%), Fiber: 0.95g (3.8%),
Vitamin A: 187.81IU (3.76%)