



Grilled Trout Ciabatta

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



660 kcal

Ingredients

- ☐ 0.7 cup artichoke bruschetta topping (recommended: Delallo)
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 19 ounce ciabatta bread
- ☐ 1 tablespoon fines herbes dried
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup olive oil and vinegar salad dressing (recommended: Newman's Own)
- ☐ 3 tablespoons orange juice concentrate frozen thawed
- ☐ 0.5 small onion red thinly sliced

- ☐ 1 teaspoon pepper flakes red
- ☐ 2 cups spring salad mix
- ☐ 2 tomatoes sliced
- ☐ 2 pounds trout cleaned

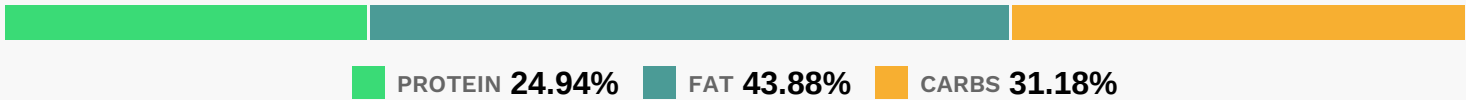
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In a medium bowl, stir together salad dressing, orange juice concentrate, herbs, and red pepper flakes.
- ☐ Place the trout in a large resealable bag and pour the salad dressing mixture over the fish. Squeeze the air from the bag and seal. Marinate in the refrigerator for 1 to 2 hours.
- ☐ Meanwhile, to make the artichoke aioli, stir together the mayonnaise, artichoke bruschetta topping, lemon juice, and cayenne in a medium bowl. Refrigerate until ready to use.
- ☐ Set up grill for direct cooking over medium heat and oil the grates well.
- ☐ Remove the trout from the marinade, discarding any leftover marinade, and place on the grill, flesh side down. Cook for 3 to 4 minutes per side, or until just cooked through.
- ☐ Remove from the grill and set aside.
- ☐ Slice ciabatta bread horizontally and quickly toast on the grill.
- ☐ Spread both sides with artichoke aioli. Carefully pull skin from trout fillets (bones should come up withskin).
- ☐ Assemble sandwich and cut into serving size pieces.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:1.1, Inflammation Score:-7, Nutrition Score:30.041304339533%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 3.6mg, Naringenin: 3.6mg, Naringenin: 3.6mg, Naringenin: 3.6mg Apigenin: 2mg, Apigenin: 2mg, Apigenin: 2mg, Apigenin: 2mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 660.01kcal (33%), Fat: 32.06g (49.32%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 51.27g (17.09%), Net Carbohydrates: 47.75g (17.36%), Sugar: 4.14g (4.6%), Cholesterol: 95.53mg (31.84%), Sodium: 674.18mg (29.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41g (82.01%), Vitamin B12: 11.8µg (196.68%), Manganese: 1.5mg (74.85%), Vitamin K: 53.96µg (51.39%), Phosphorus: 423.01mg (42.3%), Vitamin B1: 0.6mg (39.92%), Vitamin D: 5.93µg (39.56%), Vitamin B3: 7.57mg (37.84%), Vitamin B2: 0.56mg (32.74%), Vitamin B5: 3.17mg (31.66%), Vitamin C: 25.31mg (30.68%), Selenium: 19.77µg (28.24%), Potassium: 843.06mg (24.09%), Iron: 3.81mg (21.18%), Vitamin B6: 0.42mg (21.1%), Copper: 0.4mg (19.85%), Vitamin E: 2.47mg (16.5%), Vitamin A: 781.93IU (15.64%), Magnesium: 60.94mg (15.24%), Folate: 59.49µg (14.87%), Fiber: 3.52g (14.09%), Calcium: 102.87mg (10.29%), Zinc: 1.34mg (8.92%)