



 **100%**
HEALTH SCORE

Grilled Trout with Roasted Butternut Squash, Pecans, and Celery Leaf Pesto



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 3 cups butternut squash peeled cut into 1-inch cubes (1 small)
- ☐ 1 cup celery leaves
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 2 sprigs thyme leaves fresh
- ☐ 3 cloves garlic divided
- ☐ 0.8 teaspoons kosher salt divided

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 cup olive oil divided
- ☐ 0.5 pecan halves toasted
- ☐ 24 ounce trout filets
- ☐ 1 cup onion yellow sliced ()

Equipment

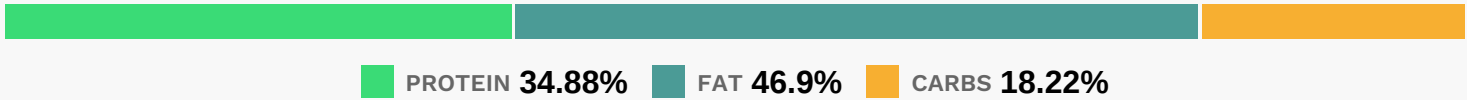
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat oven to 37
- ☐ Combine squash and thyme in a medium bowl. Crush 1 garlic clove; add to squash mixture.
- ☐ Drizzle with 1 tablespoon oil; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Toss to coat. Arrange squash mixture in a single layer on a baking sheet; bake at 375 for 40 minutes or until squash is tender; stirring occasionally.
- ☐ Prepare grill.
- ☐ Place 1 garlic clove in a mini food processor; process until finely chopped.
- ☐ Add 2 tablespoons oil, celery leaves, parsley, juice, and 1/8 teaspoon salt; process until finely chopped.
- ☐ Sprinkle 1/4 teaspoon salt and remaining 1/4 teaspoon pepper evenly over trout fillets.
- ☐ Brush fillets with 1 teaspoon oil.
- ☐ Place fillets, skin side down, on a grill rack; grill 5 minutes or until fish flakes easily when tested with a fork. Keep warm.
- ☐ Slice remaining clove of garlic.
- ☐ Heat a large skillet over high heat; add remaining 2 teaspoons oil.

- ☐ Add sliced garlic, onion, and remaining 1/8 teaspoon salt; cook 2 minutes or until onions begin to brown.
- ☐ Add squash mixture; cook 2 minutes or until hot. Stir in pecans; cook 1 minute. Divide squash mixture evenly among 4 plates; top each with a trout fillet. Spoon 2 tablespoons pesto over each trout fillet.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:42.210869623267%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 17.91mg, Apigenin: 17.91mg, Apigenin: 17.91mg, Apigenin: 17.91mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 428.38kcal (21.42%), Fat: 22.52g (34.64%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 15.49g (5.63%), Sugar: 5.04g (5.59%), Cholesterol: 98.66mg (32.89%), Sodium: 582.55mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.68g (75.37%), Vitamin A: 12182.38IU (243.65%), Vitamin B12: 13.25µg (220.84%), Vitamin K: 148.77µg (141.69%), Manganese: 1.87mg (93.6%), Vitamin C: 41.35mg (50.12%), Vitamin B1: 0.75mg (49.68%), Phosphorus: 486.84mg (48.68%), Vitamin B3: 9.28mg (46.42%), Vitamin D: 6.63µg (44.23%), Vitamin B5: 3.97mg (39.72%), Vitamin B2: 0.64mg (37.68%), Potassium: 1259.48mg (35.99%), Selenium: 22.75µg (32.49%), Vitamin B6: 0.63mg (31.69%), Vitamin E: 3.65mg (24.31%), Iron: 4.18mg (23.2%), Folate: 92.25µg (23.06%), Copper: 0.46mg (22.95%), Magnesium: 89.73mg (22.43%), Calcium: 174.79mg (17.48%), Fiber: 4.19g (16.75%), Zinc: 1.56mg (10.37%)