



HEALTH SCORE

98%

Grilled Trout with Rosemary and Garlic



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon olive oil
- ☐ 4 sprigs rosemary 6-inch
- ☐ 0.5 teaspoon salt
- ☐ 32 ounce dressed trout whole

Equipment

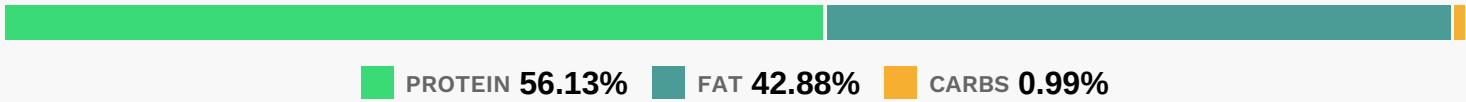
- ☐ bowl

☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Cut 3 diagonal slits on each side of fish; rub rosemary mixture evenly over fish.
- ☐ Place 1 rosemary sprig in cavity of each fish.
- ☐ Place the fish on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:29.919130633707%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 348.46kcal (17.42%), Fat: 16.05g (24.69%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.67g (0.25%), Sugar: 0.02g (0.02%), Cholesterol: 131.54mg (43.85%), Sodium: 409.16mg (17.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.25g (94.51%), Vitamin B12: 17.67µg (294.46%), Manganese: 1.97mg (98.54%), Vitamin D: 8.85µg (58.97%), Phosphorus: 559.11mg (55.91%), Vitamin B1: 0.8mg (53.23%), Vitamin B3: 10.23mg (51.13%), Vitamin B2: 0.75mg (44.22%), Vitamin B5: 4.42mg (44.16%), Selenium: 28.87µg (41.24%), Vitamin B6: 0.48mg (24.09%), Potassium: 831.12mg (23.75%), Copper: 0.43mg (21.73%), Iron: 3.51mg (19.48%), Magnesium: 51.08mg (12.77%), Calcium: 104.2mg (10.42%), Zinc: 1.53mg (10.19%), Folate: 30.4µg (7.6%), Vitamin E: 0.6mg (3.99%), Vitamin A: 147.2IU (2.94%), Vitamin C: 1.93mg (2.34%)