



 **100%**  
HEALTH SCORE

## Grilled Trout with Savory Marinade

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**672 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon fresh-ground pepper black
- 4 teaspoons juice of lemon
- 4 servings lemon wedges for serving
- 0.3 cup olive oil
- 0.8 teaspoon salt
- 2.5 teaspoons summer savory dried
- 8 fillet trout ( 2 pounds in all)

### Equipment

- bowl
- frying pan
- whisk
- grill
- broiler

## Directions

- Light the grill or heat the broiler. In a small glass or stainless-steel bowl, whisk together the lemon juice, savory, salt, and pepper.
- Add the oil slowly, whisking.
- Put the trout fillets in a medium glass dish or stainless-steel pan.
- Add the marinade and turn the fillets to coat.
- Grill or broil the fish 2 minutes. Turn and cook until just done, about 2 minutes longer for 1/4-inch-thick fillets.
- Serve with the lemon wedges.
- Wine Recommendation: A delicately flavored Muscadet or Sancerre will enhance the trout rather than compete with it, and neither of these wines will be washed out by the lemon, because they are both high in acidity.

## Nutrition Facts

**PROTEIN 42.94%** **FAT 55.46%** **CARBS 1.6%**

## Properties

Glycemic Index:14.38, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:42.965217051299%

## Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 672.4kcal (33.62%), Fat: 40.67g (62.58%), Saturated Fat: 6.5g (40.6%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.15g (0.17%), Cholesterol: 197.2mg (65.73%), Sodium: 614.02mg (26.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.87g (141.73%), Vitamin B12: 26.49µg (441.43%), Manganese: 3.1mg (154.96%), Vitamin D: 13.26µg (88.4%), Phosphorus: 838.07mg (83.81%), Vitamin B1: 1.2mg (80.27%), Vitamin B3: 15.43mg (77.17%), Vitamin B2: 1.12mg (66.07%), Vitamin B5: 6.61mg (66.06%), Selenium: 43µg (61.43%), Vitamin B6: 0.74mg (36.95%), Potassium: 1268.24mg (36.24%), Iron: 6.39mg (35.52%), Copper: 0.67mg (33.35%), Vitamin E: 3.28mg (21.88%), Magnesium: 87.02mg (21.75%), Calcium: 213.44mg (21.34%), Zinc: 2.38mg (15.88%), Folate: 45.33µg (11.33%), Vitamin K: 11.38µg (10.84%), Vitamin A: 353.04IU (7.06%), Vitamin C: 5.71mg (6.92%), Fiber: 1.48g (5.93%)