



Grilled Trout with Shallot Vinaigrette

 Gluten Free  Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 apple-smoked bacon crumbled cooked
- 0.1 teaspoon pepper black
- 2 teaspoons chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 2 teaspoons juice of lemon fresh
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 2 tablespoons shallots finely chopped (1 large)

- 3 tablespoons sherry vinegar
- 24 ounce trout

Equipment

- bowl
- grill
- aluminum foil

Directions

- Prepare grill.
- Combine first 7 ingredients in a small bowl. Gradually add oil, stirring until well blended.
- Cut a 16 x 12-inch sheet of heavy-duty foil; lightly coat 1 side of foil with cooking spray.
- Place foil on grill rack.
- Place fillets, skin sides down, on prepared foil. Spoon 1 teaspoon vinaigrette over each fillet. Cover and grill 10 minutes or until fish flakes easily when tested with a fork.
- Drizzle remaining vinaigrette evenly over each serving; top with crumbled bacon.

Nutrition Facts

 **PROTEIN 45.42%**  **FAT 52.97%**  **CARBS 1.61%**

Properties

Glycemic Index:34.75, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:25.453043686307%

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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 335.51kcal (16.78%), Fat: 19.13g (29.44%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.47g (0.53%), Cholesterol: 105.92mg (35.31%), Sodium: 454.14mg (19.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.91g (73.82%), Vitamin B12: 13.31µg (221.76%), Manganese: 1.48mg (74.05%), Vitamin D: 6.68µg (44.52%), Phosphorus: 437.65mg (43.76%), Vitamin B1: 0.63mg (42.04%), Vitamin B3: 8.13mg (40.63%), Selenium: 23.72µg (33.88%), Vitamin B5: 3.39mg (33.85%), Vitamin B2: 0.57mg (33.72%), Vitamin B6: 0.39mg (19.48%), Potassium: 667.44mg (19.07%), Vitamin K: 19.88µg (18.94%), Copper: 0.33mg (16.68%), Iron: 2.81mg (15.6%), Magnesium: 41.22mg (10.3%), Zinc: 1.29mg (8.61%), Calcium: 78.7mg (7.87%), Folate: 26.37µg (6.59%), Vitamin E: 0.91mg (6.04%), Vitamin C: 3.89mg (4.72%), Vitamin A: 207.72IU (4.15%)