

food
network

 100%
HEALTH SCORE

Grilled Trout with Stuffed Peppers: Trota alla Griglia con Peperoni Ripeni

 Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 basil leaves finely chopped
- ☐ 0.5 cup bread crumbs
- ☐ 1 eggs beaten
- ☐ 1 clove garlic finely chopped
- ☐ 3 cloves garlic
- ☐ 1 cup olive oil extra-virgin plus more for brushing fish
- ☐ 3 tablespoons olive oil extra-virgin plus more, for drizzling

- ☐ 0.5 bunch parsley italian finely chopped
- ☐ 5 cups parsley leaves finely chopped
- ☐ 0.5 cup pecorino cheese freshly grated
- ☐ 9 large bell peppers red
- ☐ 6 branches rosemary
- ☐ 6 servings salt and pepper
- ☐ 6 pound trout rinsed well

Equipment

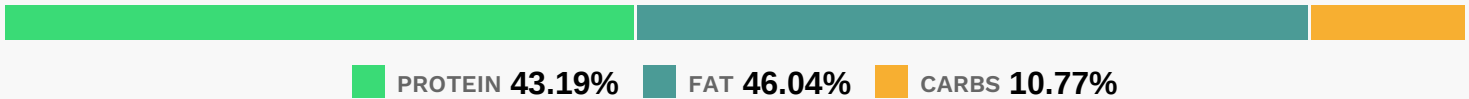
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Peppers: Preheat the oven to 375 degrees F.
- ☐ Cut the tops off 6 of the 9 peppers and scoop out the insides with a spoon. Set aside. Core and seed the remaining peppers and cut them into 1/2-inch dice.
- ☐ In a 12 to 14-inch saute pan, heat the olive oil over medium-high heat and add the garlic, diced peppers, parsley, and basil and cook over medium-high heat for 5 minutes, until the garlic is golden brown and the peppers are slightly soft.
- ☐ Remove from heat and transfer too a large bowl.
- ☐ Add the bread crumbs, pecorino, egg, and salt and pepper, to taste, and mix to combine. Divide evenly among the whole peppers; do not pack the stuffing down too tightly, or it will be very heavy once it is cooked.

- ☐ Drizzle the outside of each pepper with a little olive oil and place in the oven on a bakingsheet for 15 to 20 minutes, until the pepper is soft and the top of the stuffing is crusty and browned.
- ☐ Serve hot with the trout.
- ☐ Trout: Preheat the grill or broiler.
- ☐ In a blender or food processor, combine 1 cup olive oil, 3 cloves garlic and the parsley and pulse or puree to make the "salsa verde" (green sauce). Set aside.
- ☐ Inside each cleaned fish, place 1 clove garlic, 1 branch rosemary, and season with salt and pepper, to taste.
- ☐ Drizzle inside and out with olive oil and place on the grill or under the broiler, wrapping in aluminum foil, if desired. Turn after 5 to 8 minutes and cook until the flesh is opaque.
- ☐ Serve hot, drizzled with the salsa verde.

Nutrition Facts



Properties

Glycemic Index:48.83, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:75.013043279233%

Flavonoids

Apigenin: 118mg, Apigenin: 118mg, Apigenin: 118mg, Apigenin: 118mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 8.13mg, Myricetin: 8.13mg, Myricetin: 8.13mg, Myricetin: 8.13mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 961.28kcal (48.06%), Fat: 48.86g (75.16%), Saturated Fat: 9.18g (57.38%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 18.09g (6.58%), Sugar: 11.46g (12.73%), Cholesterol: 299.03mg (99.68%), Sodium: 648.26mg (28.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 103.12g (206.24%), Vitamin K: 921.03µg (877.17%), Vitamin B12: 35.52µg (592.08%), Vitamin C: 390.21mg (472.98%), Vitamin A: 12658.14IU (253.16%), Manganese: 4.62mg (231.13%), Phosphorus: 1301.15mg (130.11%), Vitamin B1: 1.86mg (124.19%), Vitamin B3: 24.16mg (120.8%), Vitamin D: 17.88µg (119.19%), Vitamin B2: 1.86mg (109.55%), Vitamin B5: 10mg (100.02%), Selenium: 63.29µg (90.42%), Vitamin B6: 1.71mg (85.64%), Potassium: 2503.41mg (71.53%), Folate: 269.54µg (67.39%), Iron: 12.07mg (67.03%), Copper: 1.01mg (50.57%), Vitamin E: 7.4mg (49.32%), Magnesium: 166.58mg (41.65%), Calcium: 402.91mg (40.29%), Zinc: 4.66mg (31.05%), Fiber: 7.6g (30.41%)