



# Hazelnut-Crusted Trout

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 large eggs
- 0.3 cup flour
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 cup hazelnuts
- 2 teaspoons juice of lemon fresh
- 4 servings salt and pepper black freshly ground
- 40 ounce brook trout cleaned
- 2 tablespoons butter unsalted

4 tablespoons vegetable oil

## Equipment

food processor

frying pan

sauce pan

spatula

## Directions

Pulse nuts in a food processor with 1/4 cup of flour until finely ground. Rinse trout and pat dry. Season with salt inside and out.

Put the remaining 2 cups flour in a pie plate. Beat the egg in a pie plate.

Spread ground nuts on a dinner plate. Dip both sides of trout first in flour (pat off the excess), then egg, and then nuts.

Heat oil in a 12-inch heavy skillet over moderate heat until hot but not smoking and cook trout, shaking skillet to prevent sticking and turning once with a metal spatula, until browned on both sides and just cooked through, about 12 minutes total.

While trout is cooking, melt butter in a small saucepan and stir in lemon juice. Season with salt and pepper and keep warm.

Pour over trout and sprinkle fish with parsley.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:4.66, Inflammation Score:-7, Nutrition Score:48.17391275323%

## Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate:

0.32mg, Epigallocatechin 3-gallate: 0.32mg 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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 844.1kcal (42.2%), Fat: 58.74g (90.36%), Saturated Fat: 11.06g (69.16%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 8.3g (3.02%), Sugar: 1.5g (1.67%), Cholesterol: 272.48mg (90.83%), Sodium: 185.01mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.48g (134.95%), Vitamin B12: 22.32µg (371.98%), Manganese: 4.34mg (217.09%), Phosphorus: 842.7mg (84.27%), Vitamin B1: 1.26mg (83.95%), Vitamin D: 11.66µg (77.74%), Vitamin B3: 13.81mg (69.05%), Selenium: 46.84µg (66.92%), Vitamin B2: 1.13mg (66.3%), Vitamin B5: 6.21mg (62.13%), Vitamin K: 63.11µg (60.1%), Copper: 1.08mg (54.2%), Vitamin E: 6.63mg (44.19%), Vitamin B6: 0.79mg (39.26%), Potassium: 1286.94mg (36.77%), Iron: 6.6mg (36.68%), Magnesium: 117.45mg (29.36%), Folate: 100.57µg (25.14%), Zinc: 3.01mg (20.09%), Calcium: 176.31mg (17.63%), Vitamin A: 646.7IU (12.93%), Fiber: 3.22g (12.88%), Vitamin C: 6.93mg (8.41%)