



Hazelnut-Crusted Trout



Gluten Free



Very Healthy



Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup hazelnuts
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 20 oz trout cleaned
- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons vegetable oil

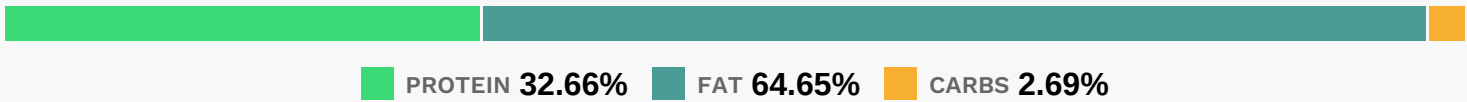
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Pulse nuts in a food processor until finely ground. Rinse trout and pat dry. Season with salt inside and out.
- ☐ Beat egg in a pie plate.
- ☐ Spread ground nuts on a dinner plate. Dip both sides of trout first in 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:23.5, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:47.190434663192%

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

0.01mg

Nutrients (% of daily need)

Calories: 815.41kcal (40.77%), Fat: 58.66g (90.24%), Saturated Fat: 11.05g (69.07%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.48g (1.64%), Cholesterol: 272.48mg (90.83%), Sodium: 184.83mg (8.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.66g (133.32%), Vitamin B12: 22.32µg (371.98%), Manganese: 4.28mg (213.79%), Phosphorus: 834.1mg (83.41%), Vitamin B1: 1.2mg (79.85%), Vitamin D: 11.66µg (77.74%), Vitamin B3: 13.35mg (66.74%), Vitamin B2: 1.09mg (64.02%), Selenium: 44.19µg (63.13%), Vitamin B5: 6.18mg (61.77%), Vitamin K: 62.92µg (59.92%), Copper: 1.07mg (53.57%), Vitamin E: 6.62mg (44.15%), Vitamin B6: 0.78mg (39.08%), Potassium: 1277.25mg (36.49%), Iron: 6.23mg (34.61%), Magnesium: 115.56mg (28.89%), Folate: 86.25µg (21.56%), Zinc: 2.96mg (19.72%), Calcium: 174.69mg (17.47%), Vitamin A: 646.15IU (12.92%), Fiber: 2.98g (11.93%), Vitamin C: 6.93mg (8.41%)