



 **84%**  
HEALTH SCORE

## Herb-Grilled Trout

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**333 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black
- 0.3 cup cooking wine dry white
- 2 tablespoons basil fresh chopped
- 1 tablespoon optional: dill fresh chopped
- 2 tablespoons tarragon fresh chopped
- 0.5 cup green onions thinly sliced
- 4 lemon wedges
- 1 tablespoon olive oil

- 32 ounce dressed rainbow trout
- 0.3 teaspoon salt

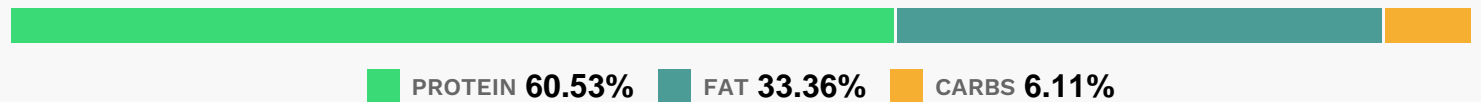
## Equipment

- grill
- broiler
- broiler pan

## Directions

- Prepare grill or broiler.
- Combine the wine and oil; brush inside and outside of fish.
- Sprinkle the insides evenly with salt, pepper, onions, and fresh herbs.
- Place the fish, skin side down, on grill rack or broiler pan coated with cooking spray, and cook for 5 minutes or until the fish flakes easily when tested with a fork.
- Serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:64.88, Glycemic Load:1.61, Inflammation Score:-7, Nutrition Score:27.304782805235%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

## Nutrients (% of daily need)

Calories: 333.1kcal (16.66%), Fat: 11.69g (17.98%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.69g (1.34%), Sugar: 0.89g (0.99%), Cholesterol: 133.81mg (44.6%), Sodium: 221.11mg (9.61%), Alcohol: 1.54g (100%), Alcohol %: 0.7% (100%), Protein: 47.72g (95.45%), Vitamin B12: 10.09µg (168.21%), Phosphorus: 636.5mg (63.65%), Vitamin B3: 12.64mg (63.18%), Vitamin B6: 1.04mg (51.83%), Selenium: 28.9µg (41.28%), Potassium: 1271.16mg (36.32%), Manganese: 0.7mg (35.06%), Vitamin K: 32.29µg (30.76%), Vitamin C: 19.35mg (23.45%), Magnesium: 88.7mg (22.17%), Vitamin B5: 2.16mg (21.58%), Calcium: 209.23mg (20.92%), Vitamin B1: 0.3mg (20.2%), Zinc: 2.67mg (17.82%), Vitamin B2: 0.3mg (17.77%), Iron: 3.12mg (17.32%), Copper: 0.29mg (14.67%), Folate: 47.78µg (11.94%), Vitamin A: 477.01IU (9.54%), Fiber: 1.12g (4.49%), Vitamin E: 0.61mg (4.06%)