



Mustard and Herb-Crusted Trout

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon tarragon dried
- ☐ 2 lemon wedges
- ☐ 0.3 teaspoon paprika
- ☐ 12 ounce rainbow trout fillets
- ☐ 1 ounce sourdough bread

Equipment

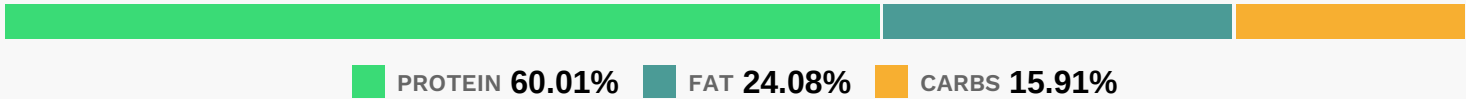
- ☐ food processor

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place bread in a food processor; pulse until crumbly.
- ☐ Place the trout, skin side down, on a jelly roll pan coated with cooking spray.
- ☐ Combine mustard and tarragon; spread over top of fish.
- ☐ Sprinkle fish with breadcrumbs and paprika; lightly coat with cooking spray.
- ☐ Bake at 450 for 10 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:111.5, Glycemic Load:6.15, Inflammation Score:-5, Nutrition Score:21.000869424447%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 252.95kcal (12.65%), Fat: 6.6g (10.16%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 8.56g (3.11%), Sugar: 1.24g (1.37%), Cholesterol: 100.36mg (33.45%), Sodium: 221.4mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.03g (74.07%), Vitamin B12: 7.57µg (126.16%), Vitamin B3: 9.97mg (49.86%), Phosphorus: 489.18mg (48.92%), Selenium: 28.15µg (40.21%), Vitamin B6: 0.74mg (37.14%), Potassium: 891.64mg (25.48%), Vitamin B1: 0.33mg (22.22%), Manganese: 0.42mg (21.18%), Vitamin B5: 1.69mg (16.89%), Vitamin C: 13.9mg (16.85%), Magnesium: 64.49mg (16.12%), Vitamin B2: 0.26mg (15.14%), Zinc: 2.07mg (13.82%), Calcium: 137.01mg (13.7%), Iron: 2.19mg (12.15%), Copper: 0.22mg (11.22%), Folate: 41.84µg (10.46%), Vitamin A: 258.88IU (5.18%), Fiber: 1.26g (5.05%), Vitamin E: 0.16mg (1.04%)