



HEALTH SCORE

69%

Mustard-Crusted Branzino



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup coarse breadcrumbs fresh
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove finely grated
- ☐ 4 servings kosher salt freshly ground
- ☐ 4 servings lemon wedges (for serving)
- ☐ 0.3 cup olive oil
- ☐ 3 pound trout whole
- ☐ 2 tablespoons grain mustard whole

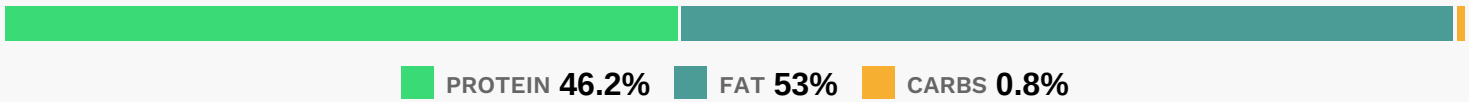
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat oven to 450°F.
- ☐ Whisk oil, mustard, garlic, and thyme in a small bowl. Using your fingertips or a rubber spatula, mix in breadcrumbs, squeezing or pressing to saturate bread, until evenly coated; season with salt and pepper.
- ☐ Open up fish and place, skin side down, in a large ovenproof pan or on a rimmed baking sheet; season with salt and pepper. Top with breadcrumb mixture, pressing to adhere. Roast until breadcrumbs are golden brown and fish is cooked through, 10–15 minutes.
- ☐ Serve fish with lemon wedges.
- ☐ Per serving: 490 calories, 27 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:42.309564870337%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 630.83kcal (31.54%), Fat: 36.28g (55.82%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 0.59g (0.22%), Sugar: 0.14g (0.16%), Cholesterol: 197.31mg (65.77%), Sodium: 28553.33mg (1241.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.14g (142.29%), Vitamin B12: 26.5µg (441.69%), Manganese: 3.06mg (152.75%), Vitamin D: 13.27µg (88.45%), Phosphorus: 844.9mg (84.49%), Vitamin B1: 1.21mg (80.51%), Vitamin B3: 15.39mg (76.95%), Vitamin B2: 1.14mg (66.88%), Vitamin B5: 6.64mg (66.37%), Selenium: 45.6µg (65.15%), Potassium: 1261.7mg (36.05%), Vitamin B6: 0.7mg (35.1%), Copper: 0.68mg (34.03%), Iron: 5.87mg (32.62%), Magnesium: 82.41mg (20.6%), Calcium: 177.81mg (17.78%), Vitamin E: 2.65mg (17.69%), Zinc: 2.41mg (16.06%), Folate: 45.69µg (11.42%), Vitamin K: 8.76µg (8.34%), Vitamin C: 5.3mg (6.42%), Vitamin A: 283.21IU (5.66%), Fiber: 0.64g (2.55%)