



Open-Faced Brook Trout



Gluten Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings chive butter
- ☐ 1 optional: lemon quartered
- ☐ 4 servings pepper butter red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 48 ounces brook trout
- ☐ 4 teaspoons butter unsalted softened for broiling
- ☐ 4 servings or
- ☐ 4 servings or

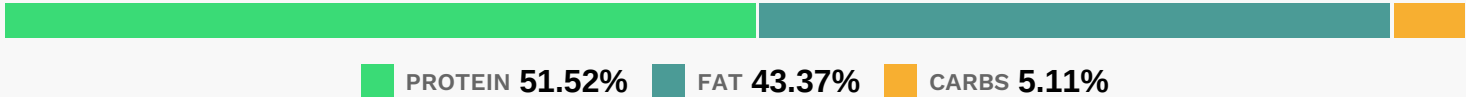
Equipment

- ☐ knife
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Butterfly the trout by splitting each fish through the belly from head to tail.
- ☐ Cut through the bones, but do not sever the fish completely. Open the fish like a book, and using a small sharp knife, trim away the skeleton on both halves. Pull out any pinbones. (This procedure may be done by your fish seller.)
- ☐ Rub the flesh with the butter and season with the salt and pepper.
- ☐ Place as many fish on your broiler as it can hold without crowding. Broil 3 to 4 inches from the heat source until the flesh is just cooked through, about 4 minutes.
- ☐ Serve immediately with lemon wedges or the flavored butter of your choice.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:49.927391446155%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 567.09kcal (28.35%), Fat: 26.86g (41.32%), Saturated Fat: 6.53g (40.84%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 4.75g (1.73%), Sugar: 3.83g (4.25%), Cholesterol: 208.06mg (69.35%), Sodium: 181.02mg (7.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.78g (143.56%), Vitamin B12: 26.51µg (441.83%),

Manganese: 3mg (150.16%), Vitamin C: 111.95mg (135.7%), Vitamin D: 13.34µg (88.95%), Phosphorus: 859.1mg (85.91%), Vitamin B1: 1.24mg (82.86%), Vitamin B3: 16.07mg (80.37%), Vitamin B2: 1.19mg (70.26%), Vitamin B5: 6.9mg (68.97%), Selenium: 43.11µg (61.59%), Vitamin A: 2701.47IU (54.03%), Vitamin B6: 0.92mg (46.03%), Potassium: 1428.05mg (40.8%), Copper: 0.67mg (33.3%), Iron: 5.61mg (31.18%), Magnesium: 86.63mg (21.66%), Folate: 82.68µg (20.67%), Zinc: 2.46mg (16.39%), Calcium: 161.08mg (16.11%), Vitamin E: 2.02mg (13.45%), Fiber: 2.37g (9.48%), Vitamin K: 6.63µg (6.32%)