



Pan-Fried Brook Trout with Greens

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 2 tablespoons flour all-purpose
- 0.5 cup green onions sliced
- 0.3 teaspoon ground pepper red
- 1 cup iceberg lettuce thinly sliced
- 4 lemon wedges
- 2 tablespoons teaspoons oregano dried fresh chopped
- 0.3 teaspoon salt

- 8 cups pkt spinach coarsely chopped
- 2 tablespoons teaspoons thyme dried fresh chopped
- 4 ounce brook trout fillets
- 2 tablespoons vinegar white

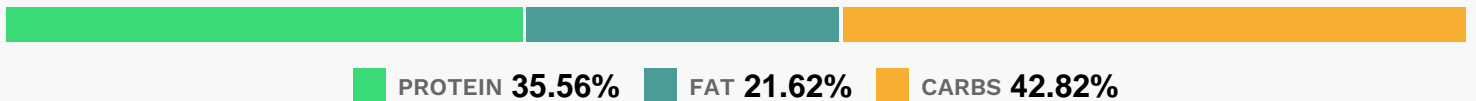
Equipment

- frying pan

Directions

- Combine first 3 ingredients in a shallow dish; stir well. Dredge trout fillets in flour mixture.
- Heat a large cast-iron skillet coated with cooking spray over medium-high heat.
- Add 4 fillets to skillet; cook 3 minutes on each side or until fish flakes easily when tested with a fork.
- Remove from skillet. Set aside; keep warm. Repeat procedure with remaining fillets.
- Recoat skillet with cooking spray; add chopped spinach and next 7 ingredients (spinach through black pepper). Cook 1 1/2 minutes or until spinach wilts, stirring constantly.
- Arrange 1/2 cup spinach mixture on each of 4 plates, and top each with 2 fillets.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:90.13, Glycemic Load:3.15, Inflammation Score:-10, Nutrition Score:24.933478459068%

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 Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 93.3kcal (4.67%), Fat: 2.44g (3.75%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 6.79g (2.47%), Sugar: 1.48g (1.64%), Cholesterol: 16.44mg (5.48%), Sodium: 212.87mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Vitamin K: 335.8µg (319.81%), Vitamin A: 6122.47IU (122.45%), Manganese: 1.05mg (52.65%), Vitamin C: 35.15mg (42.61%), Folate: 149.79µg (37.45%), Vitamin B12: 2.21µg (36.81%), Iron: 4.14mg (23.01%), Magnesium: 72.39mg (18.1%), Potassium: 582.23mg (16.64%), Fiber: 4.07g (16.27%), Vitamin B2: 0.27mg (16.15%), Calcium: 144.2mg (14.42%), Vitamin B1: 0.2mg (13.57%), Vitamin E: 1.9mg (12.66%), Vitamin B6: 0.25mg (12.32%), Phosphorus: 122.21mg (12.22%), Vitamin B3: 2.23mg (11.14%), Copper: 0.2mg (9.77%), Selenium: 5.78µg (8.25%), Vitamin D: 1.11µg (7.37%), Vitamin B5: 0.7mg (7.04%), Zinc: 0.75mg (5.02%)