



Pan-Sautéed Trout with Capers



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter chilled cut into small pieces
- ☐ 1 tablespoon capers
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.1 teaspoon herbs de provence dried
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated

- ☐ 0.5 teaspoon salt
- ☐ 24 ounce trout halved

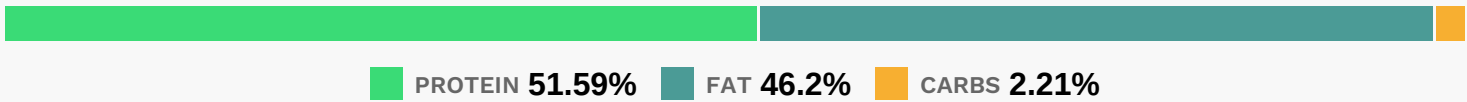
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish evenly with salt and pepper. Coat pan with cooking spray.
- ☐ Add fish to pan; cook 2 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove fish from pan; keep warm.
- ☐ Add wine, rind, juice, capers, and herbes de Provence to pan; cook 30 seconds, stirring constantly.
- ☐ Remove pan from heat.
- ☐ Add butter to pan, stirring constantly with a whisk until butter melts and sauce is smooth.
- ☐ Serve sauce over fish; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:25.84434794343%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg

Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 296.94kcal (14.85%), Fat: 14.14g (21.76%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.45g (0.5%), Cholesterol: 106.18mg (35.39%), Sodium: 459.32mg (19.97%), Alcohol: 2.06g (100%), Alcohol %: 1.26% (100%), Protein: 35.54g (71.07%), Vitamin B12: 13.26µg (220.94%), Manganese: 1.5mg (74.79%), Vitamin D: 6.63µg (44.23%), Phosphorus: 423.52mg (42.35%), Vitamin B1: 0.6mg (40.09%), Vitamin B3: 7.73mg (38.65%), Vitamin B2: 0.57mg (33.68%), Vitamin B5: 3.34mg (33.36%), Vitamin K: 34.53µg (32.88%), Selenium: 21.54µg (30.77%), Potassium: 652.27mg (18.64%), Vitamin B6: 0.36mg (17.91%), Copper: 0.34mg (16.77%), Iron: 2.83mg (15.73%), Magnesium: 42.04mg (10.51%), Vitamin C: 7.8mg (9.46%), Calcium: 82.46mg (8.25%), Zinc: 1.19mg (7.92%), Vitamin A: 358.48IU (7.17%), Folate: 27.65µg (6.91%), Vitamin E: 0.47mg (3.14%), Fiber: 0.3g (1.21%)