



Pan-Seared Trout With Italian-Style Salsa



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



9 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slices garnish: lemon
- ☐ 4 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 servings salsa italian-style
- ☐ 0.8 teaspoon salt
- ☐ 36 oz trout

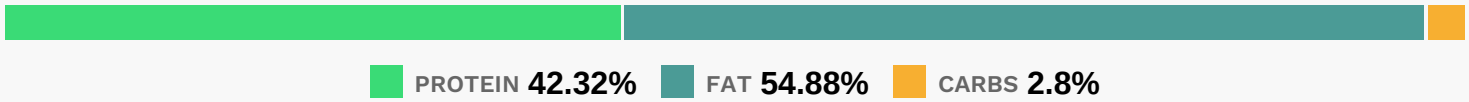
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle fillets with salt and pepper.
- ☐ Cook 3 fillets in 2 Tbsp. hot oil in a large nonstick skillet over medium high heat 1 to 2 minutes on each side or until fish flakes with a fork. Repeat with remaining fillets and oil. Top fish with salsa.
- ☐ Garnish, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:25.109565465347%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 344.29kcal (17.21%), Fat: 20.65g (31.76%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.72g (0.63%), Sugar: 1.25g (1.39%), Cholesterol: 98.66mg (32.89%), Sodium: 589.3mg (25.62%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 35.82g (71.64%), Vitamin B12: 13.25µg (220.84%), Manganese: 1.51mg (75.3%), Vitamin D: 6.63µg (44.23%), Phosphorus: 427.43mg (42.74%), Vitamin B1: 0.61mg (40.48%), Vitamin B3: 8.02mg (40.08%), Vitamin B5: 3.37mg (33.69%), Vitamin B2: 0.57mg (33.65%), Selenium: 21.73µg (31.05%), Potassium: 700.59mg (20.02%), Vitamin B6: 0.4mg (19.9%), Copper: 0.34mg (17.17%), Iron: 2.76mg (15.35%), Vitamin E: 2.08mg (13.85%), Magnesium: 42.61mg (10.65%), Calcium: 83.42mg (8.34%), Zinc: 1.19mg (7.93%), Vitamin K: 7.41µg (7.05%), Folate: 23.55µg (5.89%), Vitamin A: 251.72IU (5.03%), Fiber: 0.65g (2.6%), Vitamin C: 2.08mg (2.52%)