



HEALTH SCORE

77%

Pancetta-wrapped trout



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1028 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 optional: lemon
- ☐ 2 small trout cleaned
- ☐ 1 large bunch thyme leaves
- ☐ 1 garlic clove chopped
- ☐ 4 slices rashers of streaky bacon smoked
- ☐ 4 tbsp olive oil
- ☐ 100 g green bean fine
- ☐ 2 tbsp almond flaked toasted

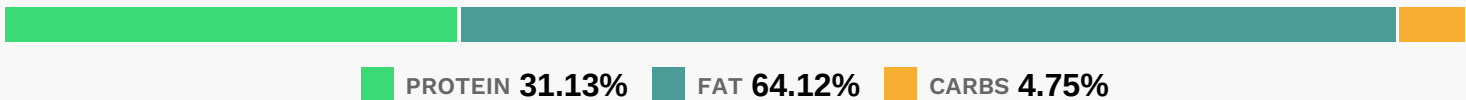
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven 220C/fan 200C/gas
- ☐ Cut half the lemon into 4 thin slices and juice the other half. Score each fish 3 times on one side.
- ☐ Place the fish on a baking tray, scored side up, and season liberally inside and out with salt and pepper. Stuff each fish cavity with thyme, a sprinkling of garlic and a lemon slice.
- ☐ Lay the rest of the thyme on top of the fish and top with a lemon slice. Wrap the pancetta around, holding the lemon and thyme in place.
- ☐ Drizzle with 1 tbsp of olive oil and bake for 20 mins until the pancetta is golden and the fish is cooked.
- ☐ While the fish is cooking, boil the beans in a pan of salted water for 4–5 mins until just cooked and still vibrant.
- ☐ Drain and toss with the lemon juice, olive oil and almonds.
- ☐ Serve the fish with the beans on the side.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:53.513478652291%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 11.56mg, Eriodictyol: 11.56mg, Eriodictyol: 11.56mg, Eriodictyol: 11.56mg Hesperetin: 15.07mg,

Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 1027.52kcal (51.38%), Fat: 73.24g (112.68%), Saturated Fat: 14.06g (87.86%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 7.8g (2.84%), Sugar: 3.43g (3.81%), Cholesterol: 226.24mg (75.41%), Sodium: 473.26mg (20.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.01g (160.01%), Vitamin B12: 26.71µg (445.1%), Manganese: 3.31mg (165.52%), Phosphorus: 976.52mg (97.65%), Vitamin B1: 1.4mg (93.23%), Vitamin D: 13.44µg (89.57%), Vitamin B3: 17.9mg (89.5%), Vitamin B2: 1.35mg (79.15%), Selenium: 52.82µg (75.46%), Vitamin B5: 7.12mg (71.19%), Vitamin E: 7.75mg (51.66%), Vitamin C: 40.09mg (48.59%), Vitamin B6: 0.95mg (47.5%), Potassium: 1586.32mg (45.32%), Copper: 0.83mg (41.54%), Iron: 7.02mg (39.01%), Vitamin K: 38.72µg (36.88%), Magnesium: 127.47mg (31.87%), Calcium: 218.93mg (21.89%), Zinc: 3.28mg (21.87%), Folate: 71.99µg (18%), Fiber: 4.42g (17.69%), Vitamin A: 662.22IU (13.24%)