



Panfried Trout with Pecan Butter Sauce

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



834 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb brown trout whole cleaned
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 servings garnish: lemon wedges
- ☐ 0.3 cup pecans coarsely chopped
- ☐ 1 teaspoon salt

- ☐ 0.5 cup butter unsalted
- ☐ 3 tablespoons vegetable oil

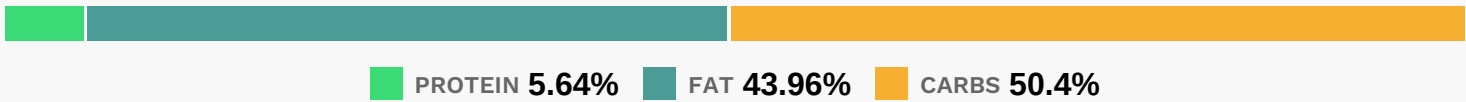
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Preheat oven to 200°F.
- ☐ Melt 2 tablespoons butter in a 12-inch heavy skillet (preferably oval) over low heat and remove from heat.
- ☐ Rinse trout and pat dry.
- ☐ Brush with melted butter inside and out and season with 3/4 teaspoon salt (total for both fish). Mound flour on a sheet of wax paper, then dredge each fish in flour to coat completely, shaking off excess.
- ☐ Add oil and 2 tablespoons butter to skillet and heat over moderately high heat until foam subsides, then sauté both trout, gently turning over once using 2 spatulas, until golden brown and almost cooked through, about 8 minutes total (fish will continue to cook as it stands).
- ☐ Transfer each trout to a plate and keep warm in oven.
- ☐ Pour off fat from skillet and wipe skillet clean. Melt remaining 1/2 stick butter over moderately low heat, then cook pecans, stirring, until fragrant and a shade darker, 1 to 2 minutes.
- ☐ Add parsley, pepper, and remaining 1/4 teaspoon salt, swirling skillet to combine, and remove from heat.
- ☐ Add lemon juice, swirling skillet to incorporate, and spoon over trout.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.31, Glycemic Load:61.5, Inflammation Score:-8, Nutrition Score:23.211304107438%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 834.33kcal (41.72%), Fat: 40.97g (63.03%), Saturated Fat: 17.16g (107.28%), Carbohydrates: 105.7g (35.23%), Net Carbohydrates: 100.48g (36.54%), Sugar: 0.46g (0.51%), Cholesterol: 61.01mg (20.34%), Sodium: 590.7mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.66%), Manganese: 4.71mg (235.26%), Vitamin K: 54.04µg (51.46%), Vitamin B1: 0.7mg (46.52%), Magnesium: 176.9mg (44.23%), Phosphorus: 350.45mg (35.05%), Vitamin B3: 6.39mg (31.93%), Vitamin B6: 0.61mg (30.3%), Copper: 0.43mg (21.64%), Fiber: 5.22g (20.88%), Iron: 3.44mg (19.13%), Vitamin B5: 1.9mg (18.97%), Zinc: 2.79mg (18.58%), Folate: 71.7µg (17.93%), Vitamin A: 882.16IU (17.64%), Selenium: 8.48µg (12.12%), Vitamin B2: 0.19mg (10.89%), Potassium: 379.27mg (10.84%), Vitamin E: 1.62mg (10.78%), Vitamin C: 4.71mg (5.71%), Calcium: 56.24mg (5.62%), Vitamin D: 0.43µg (2.84%)