



## Panfried Trout With Wild Rice

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups mushrooms fresh sliced
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 cup leeks thinly sliced
- ☐ 4 lemon wedges

- ☐ 0.5 teaspoon salt
- ☐ 16 ounce trout
- ☐ 4 teaspoons vegetable oil divided
- ☐ 5 cups water
- ☐ 1 cup rice wild uncooked

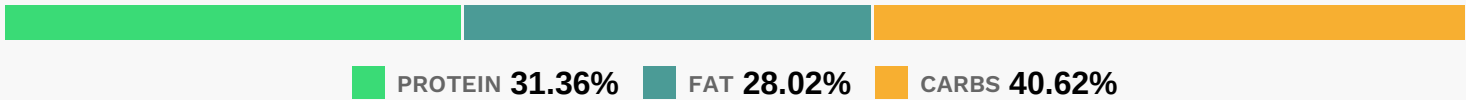
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Heat 2 teaspoons oil in a medium saucepan over medium-high heat.
- ☐ Add leeks, mushrooms, and garlic; cook, stirring constantly, 3 minutes.
- ☐ Add water and rice; bring to a boil. Cover, reduce heat, and simmer 50 minutes or until rice is tender; drain. Stir in 1/2 teaspoon salt and black pepper. Set aside, and keep warm.
- ☐ Combine flour and next 3 ingredients in a shallow dish; stir well. Dredge trout fillets in flour mixture.
- ☐ Heat a large cast-iron skillet over medium-high heat until hot; add remaining 2 teaspoons oil.
- ☐ Add fillets to skillet; cook in batches 2 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Divide rice mixture evenly among 4 serving plates, and top each with 1 fillet.
- ☐ Serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:89.88, Glycemic Load:21.05, Inflammation Score:-9, Nutrition Score:31.19869568037%

## 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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 406.52kcal (20.33%), Fat: 12.84g (19.75%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 37.64g (13.69%), Sugar: 2.9g (3.22%), Cholesterol: 65.77mg (21.92%), Sodium: 372.89mg (16.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.34g (64.67%), Vitamin B12: 8.85µg (147.55%), Manganese: 1.71mg (85.41%), Phosphorus: 512.6mg (51.26%), Vitamin B3: 10.12mg (50.59%), Vitamin B2: 0.73mg (42.94%), Vitamin B1: 0.56mg (37.45%), Vitamin B5: 3.45mg (34.5%), Copper: 0.67mg (33.55%), Selenium: 22.95µg (32.78%), Vitamin D: 4.52µg (30.12%), Magnesium: 113.07mg (28.27%), Vitamin B6: 0.51mg (25.4%), Zinc: 3.55mg (23.65%), Potassium: 809.46mg (23.13%), Folate: 85.42µg (21.35%), Iron: 3.8mg (21.08%), Vitamin C: 15.91mg (19.29%), Fiber: 4.25g (17.01%), Vitamin K: 14.83µg (14.13%), Calcium: 90.8mg (9.08%), Vitamin A: 449.64IU (8.99%), Vitamin E: 1.14mg (7.59%)