



Pecan-Crusted Trout

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black to taste
- 1 teaspoon rosemary dried crushed
- 1 eggs beaten
- 0.5 cup pecans crushed
- 1 teaspoon salt
- 16 ounce fillets trout

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 400 degrees F (200 degrees C). Spray a baking sheet with cooking spray.

Mix pecans, rosemary, salt, and black pepper in a shallow bowl.

Place flour in a separate shallow bowl. Dip trout fillets in flour and shake off excess; dip fish into beaten egg, then into seasoned pecans, lightly pressing pecan coating onto fish. Arrange fillets on the prepared baking sheet.

Bake in preheated oven until fish flakes easily with a fork, 10 to 12 minutes.

Nutrition Facts

PROTEIN 38.79% **FAT 58.42%** **CARBS 2.79%**

Properties

Glycemic Index:28, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:20.8456523548%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 269.4kcal (13.47%), Fat: 17.46g (26.86%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.53g (0.59%), Cholesterol: 106.69mg (35.56%), Sodium: 655.99mg (28.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.17%), Vitamin B12: 8.93µg (148.86%), Manganese: 1.54mg (76.98%), Phosphorus: 334.06mg (33.41%), Vitamin B1: 0.48mg (32.21%), Vitamin D: 4.64µg (30.95%), Vitamin B3: 5.26mg (26.29%), Vitamin B2: 0.44mg (25.93%), Selenium: 18.14µg (25.92%), Vitamin B5: 2.48mg (24.77%), Copper: 0.37mg (18.58%), Potassium: 476.97mg (13.63%), Vitamin B6: 0.27mg (13.61%), Iron: 2.23mg (12.38%), Magnesium: 41.48mg (10.37%), Zinc: 1.45mg (9.7%), Calcium: 64.71mg (6.47%), Folate: 22.73µg (5.68%), Fiber: 1.22g (4.9%), Vitamin E: 0.52mg (3.44%), Vitamin A: 132.3IU (2.65%)