



Pecan Trout

READY IN



15 min.

SERVINGS



2

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons canola oil divided
- 3 tablespoons milk fat-free
- 1 garlic clove chopped
- 2 servings lemon wedges
- 0.3 cup pecans chopped
- 0.3 teaspoon salt
- 10 saltines
- 12 ounce trout

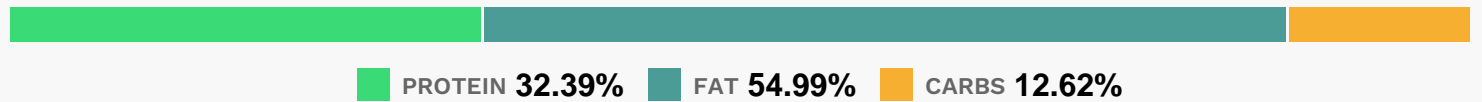
Equipment

- food processor
- frying pan

Directions

- Place first 4 ingredients in a food processor, and process until finely ground.
- Place cracker mixture in a shallow dish.
- Place milk in a separate shallow dish. Dip fillets in milk; dredge in cracker mixture. Coat fillets with cooking spray.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add 1 fillet; cook 2 to 3 minutes on each side or until fish flakes easily when tested with a fork.
- Remove fillet from pan, keep warm. Repeat procedure with remaining 1 teaspoon oil and fillet.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:49.38, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:29.876086742982%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 485.51kcal (24.28%), Fat: 29.65g (45.61%), Saturated Fat: 3.63g (22.7%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 13.09g (4.76%), Sugar: 2.09g (2.32%), Cholesterol: 99.33mg (33.11%), Sodium: 529.79mg (23.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.29g (78.58%), Vitamin B12: 13.39µg (223.24%), Manganese: 2.42mg (120.88%), Vitamin B1: 0.84mg (55.77%), Phosphorus: 508.89mg (50.89%), Vitamin D: 6.88µg (45.88%), Vitamin B3: 8.87mg (44.35%), Vitamin B2: 0.69mg (40.55%), Vitamin B5: 3.62mg (36.19%), Selenium: 24.34µg (34.76%), Copper: 0.56mg (28.21%), Potassium: 756.36mg (21.61%), Iron: 3.88mg (21.56%), Vitamin B6: 0.42mg (21.18%), Magnesium: 66.02mg (16.5%), Zinc: 2.17mg (14.46%), Calcium: 121.56mg (12.16%), Folate: 46.81µg (11.7%), Vitamin E: 1.47mg (9.8%), Fiber: 2.22g (8.89%), Vitamin K: 7.49µg (7.14%), Vitamin A: 153.53IU (3.07%), Vitamin C: 2.05mg (2.48%)