



 **57%**
HEALTH SCORE

Rainbow Trout Roasted on a Cedar Plank

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

READY IN



55 min.

SERVINGS



6

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon pepper black freshly ground
- 60 inch untreated cedar boards
- 1 teaspoon herbs de provence
- 12 slices optional: lemon thin
- 48 ounce rainbow-colored candy cleaned
- 1 tablespoon chili powder red
- 2 teaspoons salt

Equipment

bowl

grill

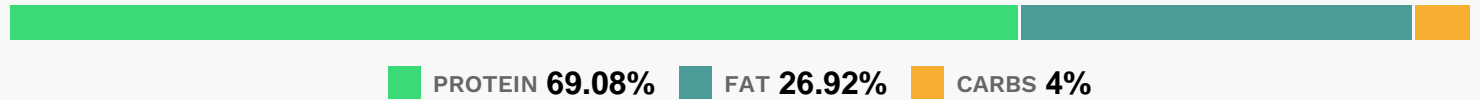
Directions

Prepare and preheat your grill by building a fire on 1 side of the grill.

In a small bowl, mix together the salt, pepper, red chili powder, and herbes de Provence. Open each trout's belly and lightly rub on the chili spice mixture. Next, place 2 lemon slices into each trout's belly and then carefully place each trout onto a cedar plank.

Cook the trout planks in a covered barbecue away from direct heat for 15 minutes. Then, move the planks over the direct heat and cook for an additional 5 to 7 minutes, covered. The cedar planks will begin to smoke, and the trout will begin to turn golden brown. Once the trout is finished cooking, remove the planks from the grill and set aside. Carefully, lift the fish off the plank and serve.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:24.181304174921%

Flavonoids

Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 280.68kcal (14.03%), Fat: 8.12g (12.5%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.46g (0.51%), Cholesterol: 133.81mg (44.6%), Sodium: 867.91mg (37.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.9g (93.8%), Vitamin B12: 10.09µg (168.21%), Phosphorus: 622.77mg (62.28%), Vitamin B3: 12.4mg (62%), Vitamin B6: 0.96mg (48.19%), Selenium: 28.96µg (41.38%), Potassium: 1151.02mg (32.89%), Manganese: 0.53mg (26.39%), Vitamin B5: 2.16mg (21.57%), Vitamin B1: 0.29mg (19.32%), Magnesium: 75.51mg (18.88%), Zinc: 2.54mg (16.93%), Calcium: 168.05mg (16.81%), Vitamin C: 12.96mg (15.7%), Vitamin B2: 0.26mg (15.05%), Copper: 0.28mg (14.05%), Iron: 2.21mg (12.29%), Vitamin A: 550.83IU (11.02%), Folate: 29.76µg (7.44%), Vitamin K: 5.9µg (5.62%), Fiber: 1.17g (4.68%), Vitamin E: 0.55mg (3.68%)