



Rainbow Trout with Seared Sugar Snaps



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings glazed baby carrots
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings chive potatoes mashed quick
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2.5 teaspoons olive oil divided

- ☐ 0.3 cup pinenuts
- ☐ 4 dressed rainbow trout whole
- ☐ 0.5 cup shallots vertically sliced
- ☐ 2 cups sugar snap peas trimmed halved

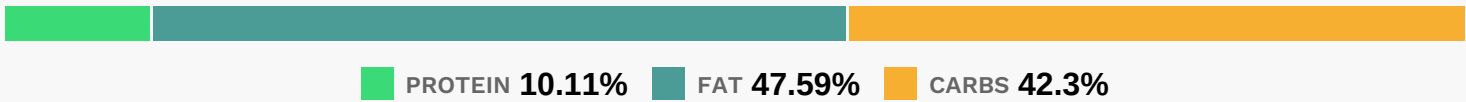
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Arrange trout, open with flesh sides up, on a baking sheet coated with cooking spray.
- ☐ Brush flesh evenly with 1 1/2 teaspoons oil.
- ☐ Drizzle juice over flesh.
- ☐ Sprinkle flesh with cumin, 1/4 teaspoon salt, and pepper. Broil 5 minutes or until fish flakes easily when tested with a fork.
- ☐ While fish cooks, heat a medium skillet over high heat until very hot.
- ☐ Combine peas, shallots, and pine nuts in a small bowl; add remaining 1 teaspoon oil to bowl, tossing to coat.
- ☐ Add pea mixture to pan; cook 3 minutes or until peas are bright green and blackened in spots and nuts are lightly toasted, stirring frequently. Stir in remaining 1/4 teaspoon salt and dill.
- ☐ Serve over trout.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:17.304782566817%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 153.9kcal (7.69%), Fat: 8.61g (13.25%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 12.13g (4.41%), Sugar: 8.7g (9.67%), Cholesterol: 0.59mg (0.2%), Sodium: 363.58mg (15.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin A: 12310.88IU (246.22%), Manganese: 1.11mg (55.42%), Vitamin C: 35.46mg (42.98%), Vitamin K: 28.89µg (27.52%), Fiber: 5.09g (20.37%), Iron: 2.82mg (15.67%), Folate: 57.99µg (14.5%), Vitamin B6: 0.29mg (14.28%), Copper: 0.27mg (13.43%), Potassium: 465.88mg (13.31%), Magnesium: 49.74mg (12.44%), Phosphorus: 121.15mg (12.11%), Vitamin B1: 0.15mg (10.12%), Vitamin E: 1.37mg (9.12%), Vitamin B5: 0.84mg (8.38%), Calcium: 65.69mg (6.57%), Zinc: 0.97mg (6.48%), Vitamin B3: 1.27mg (6.37%), Vitamin B2: 0.1mg (5.8%), Selenium: 1.68µg (2.4%)