



HEALTH SCORE

54%

Rainbow Trout with Smoked Tomato Salsa



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 cup cherry wood chips
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 0.3 teaspoon kosher salt divided
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 4 plum tomatoes halved seeded
- ☐ 24 ounce rainbow trout fillets
- ☐ 2 tablespoons shallots chopped

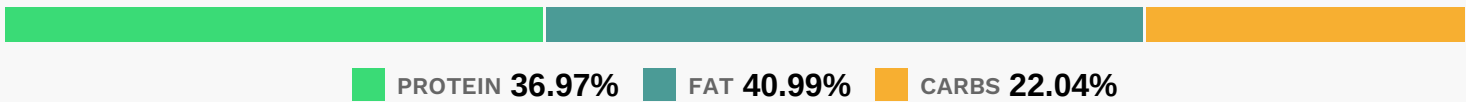
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Pierce 10 holes on one side of the bottom of a 13 x 9 inch disposable aluminum foil pan.
- ☐ Place holes over element on cooktop; place smoking chips over holes inside pan. Arrange tomato halves, cut side up, on opposite end of pan.
- ☐ Heat element under holes to medium-high; let burn 1 minute or until chips begin to smoke. Carefully cover pan with foil. Reduce heat to low; smoke tomatoes 20 minutes.
- ☐ Remove from heat.
- ☐ While tomatoes smoke, combine shallots and next 5 ingredients (through minced garlic) in a medium bowl; stir in 1/8 teaspoon salt and 1/8 teaspoon pepper. Chop tomatoes, and stir into shallot mixture.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Sprinkle remaining 1/8 teaspoon salt and 1/8 teaspoon pepper evenly over trout. Lightly coat trout with cooking spray. Arrange fillets, skin side down, in pan; cook 5 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:59.83, Glycemic Load:10.77, Inflammation Score:-9, Nutrition Score:24.043478240138%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 406.45kcal (20.32%), Fat: 18.41g (28.32%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 18.37g (6.68%), Sugar: 2.18g (2.43%), Cholesterol: 100.36mg (33.45%), Sodium: 492.04mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.36g (74.72%), Vitamin B12: 7.57µg (126.16%), Vitamin B3: 10.91mg (54.53%), Phosphorus: 528.07mg (52.81%), Vitamin B6: 0.88mg (44.13%), Potassium: 1257.72mg (35.93%), Selenium: 21.91µg (31.3%), Manganese: 0.55mg (27.4%), Vitamin C: 22.24mg (26.95%), Vitamin B5: 1.99mg (19.89%), Vitamin B1: 0.28mg (18.86%), Magnesium: 74.83mg (18.71%), Fiber: 3.9g (15.61%), Zinc: 2.2mg (14.69%), Iron: 2.56mg (14.2%), Vitamin A: 706.48IU (14.13%), Calcium: 137.13mg (13.71%), Copper: 0.26mg (13.01%), Vitamin B2: 0.22mg (12.94%), Folate: 46.41µg (11.6%), Vitamin K: 7.26µg (6.92%), Vitamin E: 0.85mg (5.68%)