



Rosemary Trout with Cherry-Tomato Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 pint cherry tomatoes assorted halved (preferably colors)
- ☐ 4 servings coarse kosher salt
- ☐ 4 tablespoons olive oil divided
- ☐ 2 teaspoons rosemary plus 8 sprigs fresh finely chopped
- ☐ 1 large shallots chopped
- ☐ 40 ounce trout whole

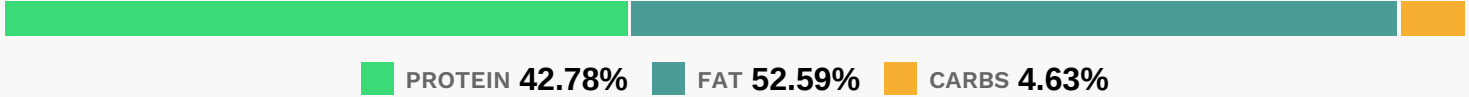
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix tomatoes, shallot, vinegar, and chopped rosemary in bowl. Stir in 1 tablespoon oil. Season sauce with salt and pepper.
- ☐ Open trout like book on work surface.
- ☐ Sprinkle with coarse salt and pepper.
- ☐ Place 2 rosemary sprigs on each; fold over to close.
- ☐ Divide 3 tablespoons oil between 2 large nonstick skillets.
- ☐ Place over medium-high heat.
- ☐ Add 2 trout to each skillet. Cook trout until brown outside and just opaque in center, about 4 minutes per side.
- ☐ Transfer to plates. Spoon sauce alongside.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:40.346087041109%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 572.81kcal (28.64%), Fat: 32.88g (50.59%), Saturated Fat: 5.21g (32.57%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 5.46g (1.98%), Sugar: 4.04g (4.48%), Cholesterol: 164.43mg (54.81%), Sodium: 356.19mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.18g (120.37%), Vitamin B12: 22.08µg (368.07%), Manganese: 2.56mg (128.08%), Vitamin D: 11.06µg (73.71%), Phosphorus: 732.23mg (73.22%), Vitamin B1: 1.04mg (69.26%), Vitamin B3: 13.4mg (67%), Vitamin B5: 5.67mg (56.71%), Vitamin B2: 0.96mg (56.65%), Selenium: 36.39µg (51.99%), Potassium: 1307.31mg (37.35%), Vitamin C: 28.92mg (35.05%), Vitamin B6: 0.68mg (34.14%),

Copper: 0.63mg (31.43%), Iron: 5.26mg (29.2%), Vitamin E: 3.25mg (21.65%), Magnesium: 74.92mg (18.73%),
Vitamin A: 741.86IU (14.84%), Calcium: 139.21mg (13.92%), Zinc: 2.07mg (13.78%), Folate: 54.51µg (13.63%), Vitamin
K: 12.07µg (11.5%), Fiber: 1.05g (4.2%)