



## Saucy Trout

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons apple cider vinegar
- 0.3 cup brown sugar
- 0.5 cup catsup
- 4 servings kosher salt
- 1 optional: lemon sliced
- 0.5 cup mayonnaise
- 0.5 cup olive oil
- 0.5 cup onion chopped

- 1.5 pounds trout (8 fillets total)
- 1 tablespoon worcestershire sauce
- 1 tablespoon mustard yellow

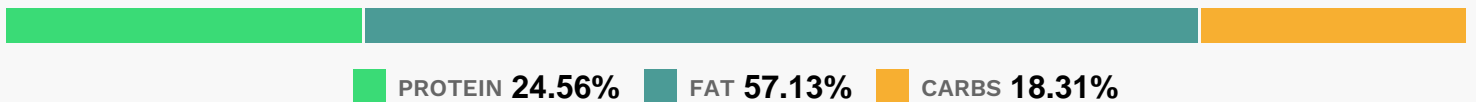
## Equipment

- frying pan
- spatula

## Directions

- Watch how to make this recipe.
- Sprinkle the trout fillets with salt. Set as many of fillets in a large skillet as will fit without crowding; if necessary, cook the fillets in two batches, reserving half of the sauce for the second batch.
- Make the basting sauce by mixing together the ketchup, mayonnaise, olive oil, onion, brown sugar, mustard, Worcestershire sauce and cider vinegar.
- Pour the sauce over the trout and cook over medium heat until the meat flakes easily with a fork, about 10 minutes. Use a fish spatula to carefully remove the trout to a platter.
- Garnish with lemon slices and serve.

## Nutrition Facts



## Properties

Glycemic Index:43.63, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:29.489999667458%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

## Nutrients (% of daily need)

Calories: 594.34kcal (29.72%), Fat: 37.85g (58.22%), Saturated Fat: 6.01g (37.55%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 25.94g (9.43%), Sugar: 21.9g (24.33%), Cholesterol: 110.42mg (36.81%), Sodium: 834.06mg (36.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.6g (73.21%), Vitamin B12: 13.28µg (221.4%), Manganese: 1.54mg (77.21%), Vitamin K: 50.14µg (47.75%), Phosphorus: 447.89mg (44.79%), Vitamin D: 6.69µg (44.6%), Vitamin B1: 0.63mg (42.1%), Vitamin B3: 8.2mg (41%), Vitamin B2: 0.64mg (37.37%), Vitamin B5: 3.47mg (34.67%), Selenium: 23.96µg (34.23%), Potassium: 830.24mg (23.72%), Vitamin C: 18.44mg (22.35%), Vitamin B6: 0.44mg (22.18%), Copper: 0.39mg (19.32%), Iron: 3.34mg (18.55%), Vitamin E: 2.54mg (16.9%), Magnesium: 49.48mg (12.37%), Calcium: 110.17mg (11.02%), Zinc: 1.3mg (8.69%), Folate: 33.72µg (8.43%), Vitamin A: 281.42IU (5.63%), Fiber: 1.35g (5.39%)