



Sautéed Brook Trout with Brown Butter and Pecans

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 2 tablespoons cooking oil
- 0.5 teaspoon sage dried
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon fresh-ground pepper black
- 0.5 cup pecans chopped
- 0.5 teaspoon salt

- 8 fillet trout (2 pounds in all)

Equipment

- frying pan
- baking sheet
- paper towels
- oven

Directions

- Heat the oven to 25
- Cover a baking sheet with paper towels.
- In a large nonstick frying pan, heat 1 tablespoon of the oil over moderate heat.
- Sprinkle the fish with the salt and pepper. Put half the trout in the pan and cook for 2 minutes. Turn and cook until browned and just done, 1 to 2 minutes longer.
- Transfer the cooked fillets to the prepared baking sheet and keep warm in the oven.
- Add the remaining 1 tablespoon oil to the pan, cook the rest of the trout fillets, and add them to the baking sheet.
- Wipe out the frying pan and melt the butter over low heat.
- Add the sage and pecans and cook, stirring, until the butter is golden brown, about 5 minutes. Stir in the parsley.
- Serve the trout with the butter sauce spooned over the top.
- Fish Alternatives: The combination of pecans and brown butter complements many kinds of fish, such as black bass, lake perch, or walleye.
- Wine Recommendation: A full, luscious white wine will accentuate the deep nutty flavors of this dish. Look for an Australian chardonnay, with its ripe fruitiness and toasty oak.

Nutrition Facts

 **PROTEIN 38.3%**  **FAT 60.58%**  **CARBS 1.12%**

Properties

Glycemic Index:31, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:44.844348036725%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 760.68kcal (38.03%), Fat: 50.66g (77.94%), Saturated Fat: 12.47g (77.91%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.57g (0.63%), Cholesterol: 227.3mg (75.77%), Sodium: 558.65mg (24.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.06g (144.12%), Vitamin B12: 26.51µg (441.83%), Manganese: 3.53mg (176.34%), Vitamin D: 13.26µg (88.4%), Phosphorus: 875.47mg (87.55%), Vitamin B1: 1.28mg (85.5%), Vitamin B3: 15.49mg (77.47%), Vitamin B2: 1.15mg (67.45%), Vitamin B5: 6.74mg (67.39%), Selenium: 43.51µg (62.15%), Copper: 0.81mg (40.38%), Vitamin K: 40.01µg (38.1%), Potassium: 1299.56mg (37.13%), Vitamin B6: 0.71mg (35.58%), Iron: 5.59mg (31.05%), Magnesium: 92.84mg (23.21%), Zinc: 2.9mg (19.32%), Calcium: 162.8mg (16.28%), Vitamin E: 2.44mg (16.25%), Vitamin A: 721.19IU (14.42%), Folate: 50.71µg (12.68%), Fiber: 1.41g (5.64%), Vitamin C: 4.51mg (5.47%)