



## Sauteed Rainbow Trout with Green Tomato and Blackberry Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pint blackberries fresh
- 0.5 cup celery diced
- 0.3 cup flour all-purpose
- 1 large tomatoes green cored
- 1 pinch ground cinnamon
- 1 pinch ground nutmeg
- 1 tablespoon juice of lemon fresh

- 1 teaspoon lemon zest minced
- 4 servings olive oil
- 4 fillet rainbow-colored candy
- 4 servings salt and pepper black freshly ground
- 0.8 cup sugar
- 0.3 cup water

## Equipment

- food processor
- frying pan
- sauce pan
- oven
- blender

## Directions

- Preheat oven to 450 degrees F.
- Put the tomato and lemon juice in a food processor or blender and puree it.
- Transfer the tomato puree to a medium saucepan and heat over medium heat, bringing it to a low boil.
- Add the celery, lemon zest, sugar, cinnamon, nutmeg, and water. Reduce the heat to low and simmer until the sauce is thick, like a marinara sauce.
- Remove from the heat and gently mix in the blackberries.
- Add salt, to taste.
- Lightly flour both sides of the trout and sprinkle it with salt and pepper.
- Heat a large skillet over medium-high heat and add enough olive oil to sear the trout. When the oil is hot, add the trout and sear on both sides just until brown.
- Place the skillet in the oven and continue cooking until the fish is flaky, about 10 minutes. Top with the sauce and serve immediately.

## Nutrition Facts



■ PROTEIN 3.51% ■ FAT 35.56% ■ CARBS 60.93%

## Properties

Glycemic Index:77.27, Glycemic Load:31.88, Inflammation Score:-7, Nutrition Score:13.15391298999%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 363.61kcal (18.18%), Fat: 15.03g (23.12%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 50.59g (18.4%), Sugar: 45.4g (50.44%), Cholesterol: 0.59mg (0.2%), Sodium: 19.19mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.67%), Vitamin C: 38.01mg (46.07%), Manganese: 0.91mg (45.41%), Vitamin K: 40.35µg (38.43%), Fiber: 7.35g (29.4%), Vitamin E: 3.62mg (24.14%), Folate: 53.66µg (13.41%), Copper: 0.26mg (13.15%), Vitamin A: 603.99IU (12.08%), Potassium: 338.42mg (9.67%), Iron: 1.49mg (8.25%), Magnesium: 32.73mg (8.18%), Vitamin B1: 0.12mg (7.89%), Vitamin B3: 1.56mg (7.79%), Vitamin B5: 0.64mg (6.37%), Vitamin B2: 0.1mg (6.13%), Phosphorus: 54.02mg (5.4%), Selenium: 3.72µg (5.32%), Zinc: 0.76mg (5.04%), Calcium: 50.37mg (5.04%), Vitamin B6: 0.09mg (4.63%)