



Sautéed Trout

READY IN



45 min.

SERVINGS



2

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 pound dressed freshwater trout

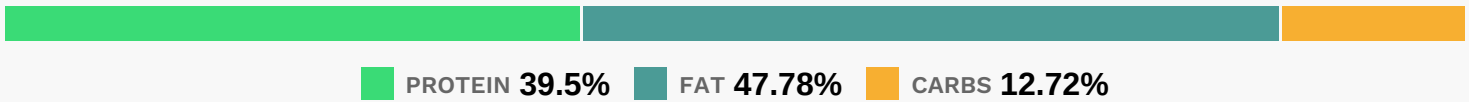
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Rinse fish thoroughly in cold water; pat dry. Dredge fish in flour; shake off excess flour.
- ☐ Saut fish in 3 tablespoons butter in a large skillet over medium heat until golden brown, turning once.
- ☐ Drain fish well on paper towels, and transfer to a warm serving platter.
- ☐ Garnish with lemon slices, if desired.
- ☐ Sauted Trout is delicious as a breakfast dish.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:17.26, Inflammation Score:-7, Nutrition Score:44.626521691032%

Nutrients (% of daily need)

Calories: 767.81kcal (38.39%), Fat: 39.82g (61.27%), Saturated Fat: 14.75g (92.2%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 23.02g (8.37%), Sugar: 0.1g (0.11%), Cholesterol: 242.46mg (80.82%), Sodium: 312.56mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.07g (148.13%), Vitamin B12: 26.54µg (442.28%), Manganese: 3.11mg (155.41%), Vitamin B1: 1.44mg (95.8%), Vitamin D: 13.27µg (88.45%), Phosphorus: 872.27mg (87.23%), Vitamin B3: 17.16mg (85.81%), Selenium: 53.67µg (76.67%), Vitamin B2: 1.28mg (75.54%), Vitamin B5: 6.76mg (67.6%), Iron: 6.56mg (36.43%), Potassium: 1266.58mg (36.19%), Vitamin B6: 0.69mg (34.74%), Copper: 0.68mg (34.23%), Folate: 102.04µg (25.51%), Magnesium: 82.14mg (20.53%), Zinc: 2.48mg (16.55%), Calcium: 156.01mg (15.6%), Vitamin A: 718.7IU (14.37%), Vitamin E: 1.19mg (7.91%), Fiber: 0.84g (3.38%), Vitamin C: 1.7mg (2.06%), Vitamin K: 1.9µg (1.81%)