



Sautéed Whole Trout with Sage and White Wine



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter cold
- ☐ 0.3 cup cooking wine dry white
- ☐ 36 sage leaves dried fresh
- ☐ 4 servings fresh-ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 4 servings salt
- ☐ 3 pound trout cleaned

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Rinse the fish and dry the surface and the cavity of each thoroughly with paper towels. In a large nonstick frying pan, heat 2 tablespoons of the oil with 1 tablespoon of the butter over moderately high heat.
- ☐ Sprinkle the trout with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Put the trout in the pan and cook until golden, about 5 minutes. Turn and cook until golden on the second side and just done, 5 to 10 minutes longer.
- ☐ Remove; wipe out the pan.
- ☐ In the same pan, heat the remaining 1 tablespoon oil over moderately high heat.
- ☐ Add the sage leaves and cook until crisp, about 1 minute. Alternatively, add the dried sage and cook, stirring, for 1 minute.
- ☐ Pour the oil and sage over the fish. Wipe out the pan.
- ☐ Add the wine to the pan. Boil until reduced to approximately 3 tablespoons, 1 to 2 minutes. Reduce the heat to the lowest setting and whisk in the remaining 4 tablespoons butter, 1/8 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Whisk in any accumulated juices and oil from the trout.
- ☐ Pour the sauce around the fish and serve.
- ☐ Test-Kitchen Tip: For a creamy emulsified butter sauce, don't just put the butter in the pan and let it melt; instead, stick a whisk in the cold butter and stir it around the bottom of the pan over the lowest possible heat. This way, the butter just softens into a sauce instead of melting into a puddle.
- ☐ Wine Recommendation: Farm-raised trout are mild, so a pinot grigio or pinot bianco from northeastern Italy will make a superb accompaniment. A gamier wild fish can use a stronger wine such as a chardonnay.

Nutrition Facts



 **PROTEIN 39.87%**  **FAT 59.76%**  **CARBS 0.37%**

Properties

Glycemic Index:24.25, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:43.992174333204%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 738.96kcal (36.95%), Fat: 47.2g (72.62%), Saturated Fat: 14.36g (89.78%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.2g (0.23%), Cholesterol: 234.94mg (78.31%), Sodium: 484.46mg (21.06%), Alcohol: 2.06g (100%), Alcohol %: 0.67% (100%), Protein: 70.85g (141.69%), Vitamin B12: 26.53µg (442.18%), Manganese: 2.97mg (148.4%), Vitamin D: 13.27µg (88.45%), Copper: 1.75mg (87.44%), Phosphorus: 841.57mg (84.16%), Vitamin B1: 1.19mg (79.58%), Vitamin B3: 15.34mg (76.69%), Vitamin B2: 1.13mg (66.6%), Vitamin B5: 6.63mg (66.29%), Selenium: 43.06µg (61.52%), Potassium: 1249.53mg (35.7%), Vitamin B6: 0.69mg (34.56%), Iron: 5.27mg (29.29%), Magnesium: 77.99mg (19.5%), Vitamin E: 2.6mg (17.33%), Calcium: 155.35mg (15.53%), Zinc: 2.29mg (15.29%), Vitamin A: 631.78IU (12.64%), Folate: 44.97µg (11.24%), Vitamin K: 8.13µg (7.74%), Vitamin C: 1.7mg (2.06%)