



Smoked Trout and Watercress on Tart Apple Slices

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 apples i use 2 granny smith apples cored unpeeled quartered cut into 1/4-inch-thick slices
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 small bunch watercress thick trimmed
- ☐ 12 ounces fish fillet smoked skinless

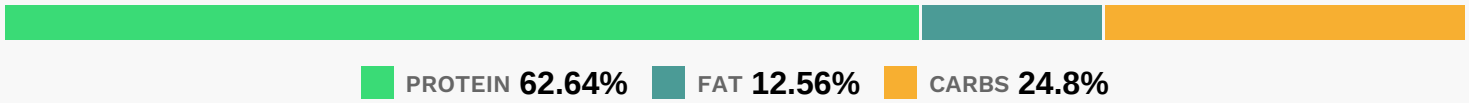
Equipment

- ☐ bowl

Directions

- ☐ Combine apple slices and lemon juice in medium bowl; toss gently to coat.
- ☐ Cut trout fillets lengthwise in half, then cut each half into apple-slice-size pieces.
- ☐ Drain apple slices; place on platter. Top each slice with 1 watercress sprig, then 1 trout piece.
- ☐ Sprinkle with pepper. (Can be made 2 hours ahead. Cover and chill.)
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.84, Inflammation Score:-2, Nutrition Score:4.7652173482853%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 53.82kcal (2.69%), Fat: 0.77g (1.19%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.87g (1.04%), Sugar: 2.47g (2.74%), Cholesterol: 21.26mg (7.09%), Sodium: 23.66mg (1.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.37%), Selenium: 17.81µg (25.44%), Vitamin B12: 0.67µg (11.2%), Vitamin D: 1.32µg (8.79%), Vitamin K: 8.91µg (8.48%), Vitamin B3: 1.69mg (8.45%), Phosphorus: 76.97mg (7.7%), Potassium: 166.94mg (4.77%), Vitamin C: 3.84mg (4.66%), Vitamin B6: 0.08mg (4.2%), Magnesium: 13.5mg (3.38%), Folate: 11.92µg (2.98%), Vitamin B5: 0.24mg (2.36%), Fiber: 0.57g (2.29%), Vitamin A: 112.23IU (2.24%), Vitamin B2: 0.04mg (2.18%), Copper: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.67%), Vitamin E: 0.25mg (1.65%), Manganese: 0.03mg (1.59%), Iron: 0.27mg (1.53%), Zinc: 0.15mg (1.03%)