



Smoked Trout, Arugula, and Granny Smith Stacks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



16

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups baby arugula leaves
- ☐ 3 granny smith apples cut into 32 thin slices
- ☐ 1 optional: lemon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 ounces d lemon-pepper trout fillets smoked (such as Ducktrap)
- ☐ 1 tablespoon olive oil extra-virgin

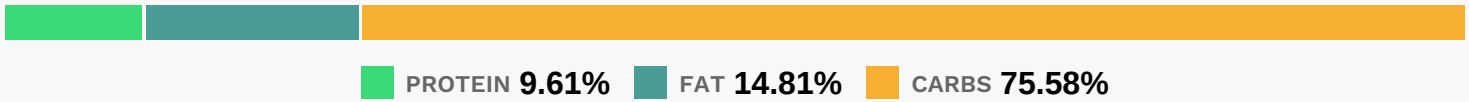
Equipment

☐ bowl

Directions

- ☐ Slice lemon into 4 (1/16-inch) rounds.
- ☐ Cut rounds into 8 wedges.
- ☐ Remove and discard skin from fish; flake fish.
- ☐ Combine arugula, juice, and oil in a bowl; toss to coat.
- ☐ Arrange apple slices in a single layer. Divide arugula mixture and fish evenly among stacks; top each with 1 lemon wedge.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:4, Inflammation Score:-4, Nutrition Score:11.101739188899%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 81.48kcal (4.07%), Fat: 1.66g (2.56%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 12.65g (4.6%), Sugar: 3.92g (4.35%), Cholesterol: 0mg (0%), Sodium: 5.26mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Manganese: 2.73mg (136.58%), Vitamin K: 38.13µg (36.31%), Fiber: 6.42g (25.68%), Copper: 0.3mg (14.8%), Iron: 2.18mg (12.11%), Calcium: 101.06mg (10.11%), Magnesium: 39.54mg (9.89%), Potassium: 336.3mg (9.61%), Vitamin C: 5.79mg (7.02%), Vitamin B6: 0.08mg (4.15%), Phosphorus: 39.48mg (3.95%), Vitamin A: 180.77IU (3.62%), Vitamin B5: 0.34mg (3.41%), Vitamin B2: 0.05mg

(2.96%), Vitamin E: 0.43mg (2.85%), Vitamin B1: 0.03mg (2.17%), Zinc: 0.28mg (1.87%), Folate: 7.39µg (1.85%),
Selenium: 1.08µg (1.54%), Vitamin B3: 0.29mg (1.44%)