



Smoked Trout Salad with Apples and Pecans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 cups braeburn apple thinly sliced (1 large apple)
- ☐ 0.3 teaspoon chili powder
- ☐ 2 cups golden delicious apple thinly sliced (1 large apple)
- ☐ 1 teaspoon horseradish prepared
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 8 cups the salad mixed
- ☐ 1 tablespoon walnut oil

- ☐ 2 tablespoons pecans toasted chopped
- ☐ 2 cups fries
- ☐ 24 ounce rainbow trout fillets
- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

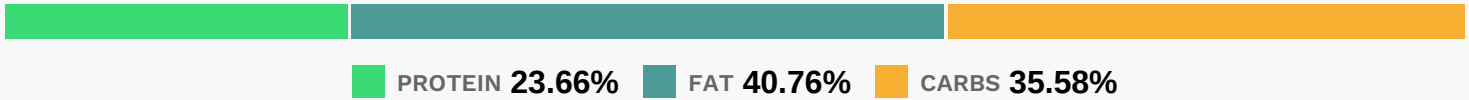
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Soak wood chips in water 30 minutes, and drain well.
- ☐ Combine lemon juice, horseradish, and fillets in a large zip-top plastic bag. Seal and marinate in refrigerator 20 minutes, turning bag occasionally.
- ☐ Prepare grill for indirect grilling, heating one side to low and leaving one side with no heat. Maintain temperature at 200 to 22
- ☐ Place wood chips on hot coals.
- ☐ Place a disposable aluminum foil pan on unheated side of grill.
- ☐ Pour 2 cups water in pan. Coat grill rack with cooking spray; place on grill.
- ☐ Remove fillets from bag; discard marinade.
- ☐ Sprinkle fillets with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place fillets on grill rack over foil pan on unheated side. Close lid; cook 30 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, vinegar, oil, and chili powder, stirring with a whisk.

- ☐
- Combine greens, apples, and onion in a large bowl; drizzle with vinaigrette. Toss gently to coat.
- ☐
- Remove skin from fillets; discard skin. Break fillets into pieces; serve over salad.
- ☐
- Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:59.83, Glycemic Load:25.44, Inflammation Score:-8, Nutrition Score:31.313912930696%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 8.19mg, Epicatechin: 8.19mg, Epicatechin: 8.19mg, Epicatechin: 8.19mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg

Nutrients (% of daily need)

Calories: 677.87kcal (33.89%), Fat: 31.03g (47.74%), Saturated Fat: 7.29g (45.53%), Carbohydrates: 60.96g (20.32%), Net Carbohydrates: 51.29g (18.65%), Sugar: 15.06g (16.74%), Cholesterol: 100.36mg (33.45%), Sodium: 955.39mg (41.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.52g (81.04%), Vitamin B12: 7.57µg (126.16%), Vitamin B3: 12.5mg (62.51%), Phosphorus: 624.48mg (62.45%), Vitamin B6: 1.09mg (54.65%), Manganese: 1.02mg (50.82%), Vitamin C: 40.69mg (49.32%), Potassium: 1696.11mg (48.46%), Fiber: 9.66g (38.66%), Selenium: 22.82µg (32.6%), Vitamin B1: 0.4mg (26.49%), Magnesium: 101.06mg (25.26%), Vitamin B5: 2.51mg (25.11%), Folate: 91.53µg (22.88%), Vitamin A: 1122.62IU (22.45%), Iron: 3.72mg (20.66%), Copper: 0.38mg (19.13%), Zinc: 2.77mg (18.45%), Vitamin B2: 0.31mg (18.16%), Calcium: 158.74mg (15.87%), Vitamin K: 3.92µg (3.73%), Vitamin E: 0.38mg (2.56%)