



Speckled Trout with Crab-stuffed Piquillos, Edamame, and Truffle Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter divided
- 4 servings crab-stuffed piquillos
- 2 cups edamame fresh
- 1 tablespoon thyme leaves fresh chopped
- 4 servings garnish: herbs fresh
- 0.3 cup olive oil
- 2 tablespoons rice vinegar

- 0.5 teaspoon salt
- 1 shallots minced
- 1 tomatoes diced peeled seeded
- 24 ounce speckled trout fillets
- 1 tablespoon truffle oil white

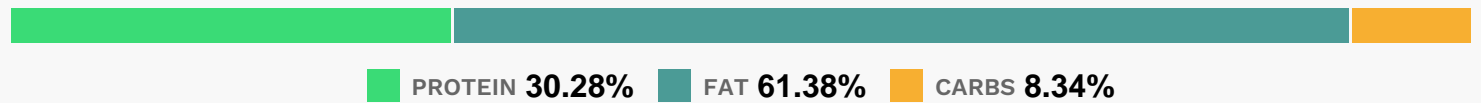
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine first 3 ingredients in a large bowl, whisking well. Stir in edamame and next 4 ingredients. Set aside.
- Heat 2 tablespoons butter in a skillet over medium-high heat. Cook 2 trout fillets, skin side down, 5 minutes or until skin becomes crispy and lightly browned. Turn fish and cook an additional 5 minutes or until done. Repeat with remaining butter and trout.
- Spoon edamame salad on each of four plates. Top with trout and Crab-stuffed Piquillos.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:34.336087061011%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 624.94kcal (31.25%), Fat: 42.33g (65.12%), Saturated Fat: 11.54g (72.12%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 8.99g (3.27%), Sugar: 3.34g (3.72%), Cholesterol: 137.68mg (45.89%), Sodium: 651.99mg (28.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.98g (93.96%), Vitamin B12: 15.19µg (253.11%), Manganese: 1.55mg (77.5%), Vitamin K: 79.46µg (75.68%), Phosphorus: 482.26mg (48.23%), Vitamin D: 6.63µg (44.23%), Selenium: 29.43µg (42.04%), Vitamin B1: 0.62mg (41.64%), Vitamin B3: 8.17mg (40.87%), Vitamin B2: 0.59mg (34.97%), Vitamin B5: 3.46mg (34.58%), Potassium: 1121.72mg (32.05%), Iron: 5.49mg (30.5%), Copper: 0.56mg (27.79%), Vitamin A: 1128.42IU (22.57%), Vitamin E: 3.31mg (22.08%), Vitamin B6: 0.43mg (21.42%), Vitamin C: 15.17mg (18.39%), Zinc: 2.55mg (17.02%), Calcium: 166.1mg (16.61%), Fiber: 3.94g (15.77%), Magnesium: 57.7mg (14.42%), Folate: 45.49µg (11.37%)