



Spiced trout with sweet potato chips



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 sweet potatoes cut into wedges
- ☐ 3 tbsp flour plain
- ☐ 1 tbsp creole seasoning (we used Bart)
- ☐ 280 g trout
- ☐ 200 g baby spinach leaves
- ☐ 2 tbsp vegetable oil

Equipment

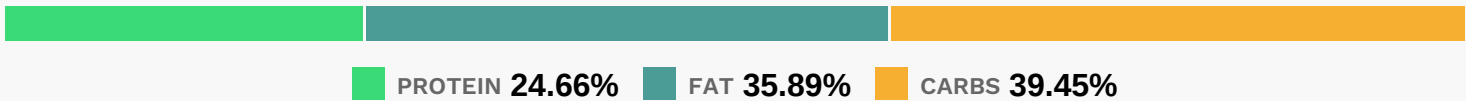
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ In a large, shallow roasting tin, toss the potatoes with 1 tbsp oil, salt and pepper. Roast for 25–30 mins, turning once or twice, until tender and crisp.
- ☐ Just before the chips are done, mix the flour, some salt, pepper and the Creole seasoning together on a plate. Dip the trout in the mix to evenly coat.
- ☐ Heat 2 tsp oil in a non–stick frying pan. When hot, carefully place the fish, skin–side down, in the pan. Fry for 3 mins, then flip and cook for 1–2 mins more or until cooked through.
- ☐ Meanwhile, heat the remaining oil in a large pan.
- ☐ Add the spinach, cook until just wilted, then serve with the fish and hot chips.

Nutrition Facts



Properties

Glycemic Index:98.5, Glycemic Load:29.34, Inflammation Score:-10, Nutrition Score:50.641739223314%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 6.4mg, Kaempferol: 6.4mg, Kaempferol: 6.4mg, Kaempferol: 6.4mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 593.68kcal (29.68%), Fat: 23.9g (36.77%), Saturated Fat: 3.89g (24.28%), Carbohydrates: 59.1g (19.7%), Net Carbohydrates: 49.14g (17.87%), Sugar: 10.16g (11.28%), Cholesterol: 81.2mg (27.07%), Sodium: 277.08mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.95g (73.9%), Vitamin A: 42559.67IU (851.19%), Vitamin K: 514.26µg (489.77%), Vitamin B12: 10.91µg (181.77%), Manganese: 2.8mg (139.91%), Folate: 260.3µg (65.07%), Vitamin B1: 0.84mg (56.05%), Potassium: 1887.41mg (53.93%), Phosphorus: 517.7mg (51.77%), Vitamin B2: 0.87mg (51.02%), Vitamin B6: 1.01mg (50.68%), Vitamin B5: 4.64mg (46.38%), Vitamin B3: 9.16mg (45.82%), Vitamin C: 36.13mg (43.8%), Magnesium: 172.57mg (43.14%), Fiber: 9.96g (39.85%), Iron: 6.91mg (38.38%), Copper: 0.76mg (38%), Vitamin D: 5.46µg (36.4%), Selenium: 24.03µg (34.33%), Vitamin E: 4.76mg (31.75%), Calcium: 232.39mg (23.24%), Zinc: 2.27mg (15.15%)