

Stuffed Trout



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup celery
- ☐ 4 servings parsley fresh chopped
- ☐ 2 tablespoons bell pepper green chopped
- ☐ 1 teaspoon jalapeño minced seeded
- ☐ 4 servings juice of lemon fresh
- ☐ 4 ounces lump crab meat
- ☐ 0.3 cup mushrooms coarsely chopped
- ☐ 4 servings old bay seasoning

- ☐ 2 tablespoons olive oil
- ☐ 4 servings freshly milled pepper black
- ☐ 4 dressed rainbow trout
- ☐ 0.3 cup onion red chopped
- ☐ 2 tablespoons bell pepper red chopped
- ☐ 4 servings salt

Equipment

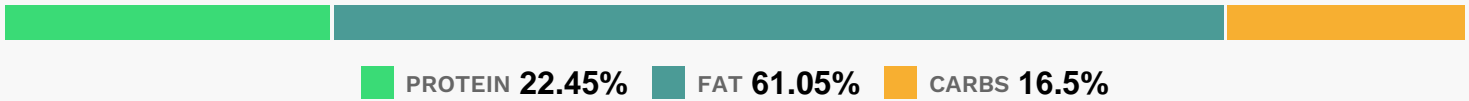
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 425°F.
- ☐ Heat the olive oil in a large nonreactive saucepan. Stir in the mushrooms, peppers, jalapeño, onion, and celery, if using.
- ☐ Cook for 2 to 3 minutes over medium-high heat, stirring frequently.
- ☐ Remove from the heat and cool for 15 minutes.
- ☐ Season with salt and pepper to taste.
- ☐ Stir in the crabmeat. Set the mixture aside.
- ☐ Fan open the trout and sprinkle with the Old Bay Seasoning.
- ☐ Loosely pack the cavities of the fish with the vegetable-and crabmeat mixture.
- ☐ Place in a large baking dish and bake for 12 to 15 minutes, or until cooked through. The fish will expand, displaying the stuffing.
- ☐ Remove the trout from the pan and squeeze a lemon into the pan juices.
- ☐ Pour over the fish.
- ☐ Garnish with chopped parsley before serving.
- ☐ Taste

- ☐ Book, using the USDA Nutrition Database
- ☐ From New Legal Sea Foods Cookbook by Roger Berkowitz and Jane Doerfer. © 2003 by Roger Berkowitz and Jane Doerfer. Published by Broadway Books.Roger Berkowitz, president and CEO of Legal Sea Foods since 1992, started working in his family's fish market at the age of ten. He frequently offers his expert opinion on the fishing industry on network news segments (CNN, CBS News "Eye on America," NBC Nightly News), has given culinary advice and demonstrations on the Today Show and Good Morning America, and lectures widely. He and his wife, Lynne, live in Newton, Massachusetts. Jane Doerfer coauthored the previous Legal Sea Foods Cookbook with George Berkowitz. She is the author of several cookbooks, including Going Solo in the Kitchen. Edward Koren is a regular contributor to The New Yorker and has illustrated a number of books, including A Dog's Life and How to Eat Like a Child. He lives in Vermont.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:12.964782811377%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 106.72kcal (5.34%), Fat: 7.49g (11.53%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.59g (1.3%), Sugar: 1.46g (1.62%), Cholesterol: 12.5mg (4.17%), Sodium: 440.3mg (19.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin K: 88.78µg (84.55%), Vitamin B12: 2.6µg (43.31%), Vitamin C: 25.61mg (31.04%), Selenium: 11.26µg (16.08%), Copper: 0.32mg (15.94%), Zinc: 1.89mg (12.59%), Vitamin A: 603.29IU (12.07%), Manganese: 0.2mg (10.22%), Phosphorus: 83.93mg (8.39%), Vitamin E: 1.24mg (8.29%), Folate: 32.58µg (8.15%), Iron: 1.29mg (7.19%), Vitamin B6: 0.14mg (6.79%), Magnesium: 25.2mg (6.3%), Potassium: 186.51mg (5.33%), Calcium: 46.63mg (4.66%), Vitamin B3: 0.82mg (4.12%), Fiber: 0.97g (3.88%), Vitamin B2: 0.06mg (3.53%), Vitamin B5: 0.29mg (2.86%), Vitamin B1: 0.04mg (2.82%)