



Tangy trout

READY IN



15 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet trout
- ☐ 50 g breadcrumbs
- ☐ 1 tbsp butter softened
- ☐ 1 small bunch parsley chopped
- ☐ 1 juice of lemon
- ☐ 25 g pinenuts toasted roughly chopped
- ☐ 1 tbsp olive oil

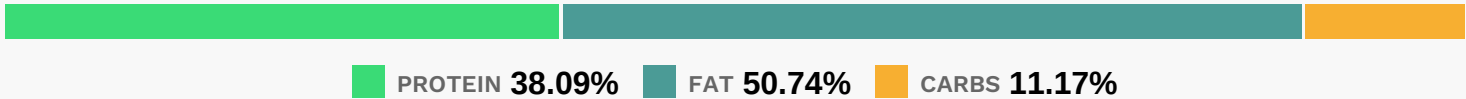
Equipment

- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat the grill to high.
- ☐ Lay the fillets, skin side down, on an oiled baking tray.
- ☐ Mix together the breadcrumbs, butter, parsley, lemon zest and juice, and half the pine nuts. Scatter the mixture in a thin layer over the fillets, drizzle with the oil and place under the grill for 5 mins.
- ☐ Sprinkle over the remaining pine nuts, then serve with the lemon wedges and a potato salad.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:35.233913069186%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 406.21kcal (20.31%), Fat: 22.68g (34.9%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.95g (3.62%), Sugar: 1.31g (1.46%), Cholesterol: 106.23mg (35.41%), Sodium: 210.98mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.63%), Vitamin K: 240.42µg (228.97%), Vitamin B12: 13.29µg (221.55%), Manganese: 2.14mg (106.77%), Vitamin B1: 0.75mg (50.19%), Phosphorus: 482.78mg (48.28%), Vitamin B3: 8.95mg (44.74%), Vitamin D: 6.63µg (44.2%), Vitamin B2: 0.64mg (37.76%), Selenium: 24.67µg (35.24%), Vitamin B5: 3.46mg (34.57%), Vitamin A: 1388.3IU (27.77%), Vitamin C: 22.75mg (27.58%), Iron: 4.41mg (24.5%), Copper: 0.46mg (22.82%), Potassium: 763.07mg (21.8%), Vitamin B6: 0.38mg (18.87%), Magnesium: 66.11mg (16.53%), Folate: 60.87µg (15.22%), Zinc: 1.87mg (12.44%), Calcium: 117.98mg (11.8%), Vitamin E: 1.64mg (10.92%), Fiber: 1.29g (5.15%)