



Tangy trout with a simple garden salad



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 optional: lemon
- ☐ 1 small bunch optional: dill chopped
- ☐ 12 oz rainbow-colored candy washed
- ☐ 2 tbsp olive oil for greasing plus a little extra
- ☐ 2 tbsp greek yogurt
- ☐ 0.5 garlic clove
- ☐ 4 romano beans thinly sliced
- ☐ 3 radishes sliced into thin rounds

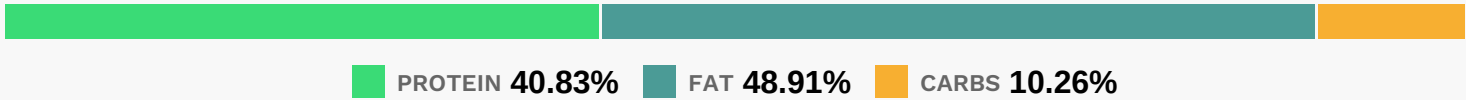
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C. Slice half the lemon and stuff the slices, with the sprigs of dill, into the cavity of the trout.
- ☐ Lay the fish on an oiled baking sheet and make 4 diagonal slashes on one side about 4cm long.
- ☐ Drizzle 1 tbsp of olive oil over the fish, season liberally and bake for 15 minutes.
- ☐ Put the kettle on to boil, then stir the chopped dill into the yogurt with a squeeze of lemon and some salt and pepper, and set aside.
- ☐ Sprinkle salt on the cut side of the garlic clove and rub it on the inside of a small bowl this is a good way of getting garlic flavour into food without it being too strong. Empty the boiling water from the kettle into a small saucepan, bring to the boil and cook the runner beans for 3-4 minutes until cooked but still slightly crunchy.
- ☐ Drain the beans and toss them in the garlicky bowl with the radishes and remaining oil.
- ☐ Serve the fish with the warm beans and the yogurt sauce. Trim the remaining lemon into a wedge to squeeze over the trout and the salad.

Nutrition Facts



Properties

Glycemic Index:148.5, Glycemic Load:3.98, Inflammation Score:-9, Nutrition Score:45.883043206256%

Flavonoids

Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg,

Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 737.56kcal (36.88%), Fat: 40.46g (62.24%), Saturated Fat: 6.45g (40.32%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 13.13g (4.78%), Sugar: 7.18g (7.98%), Cholesterol: 202.21mg (67.4%), Sodium: 130.53mg (5.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.99g (151.98%), Vitamin B12: 15.35µg (255.81%), Phosphorus: 1023.36mg (102.34%), Vitamin C: 80.7mg (97.82%), Vitamin B3: 19.28mg (96.39%), Vitamin B6: 1.66mg (82.84%), Selenium: 47.15µg (67.36%), Potassium: 2080.31mg (59.44%), Vitamin K: 60.04µg (57.18%), Manganese: 0.83mg (41.73%), Vitamin B5: 3.72mg (37.19%), Vitamin B1: 0.56mg (37.02%), Magnesium: 144.53mg (36.13%), Vitamin B2: 0.58mg (33.91%), Calcium: 334.39mg (33.44%), Vitamin E: 4.61mg (30.72%), Zinc: 4.2mg (27.99%), Copper: 0.5mg (24.84%), Iron: 4.37mg (24.27%), Fiber: 5.97g (23.87%), Folate: 92.35µg (23.09%), Vitamin A: 1004.04IU (20.08%)