

food
network



HEALTH SCORE

67%

Trout Almandine With Brabant Potatoes



Very Healthy

READY IN

**40 min.**

SERVINGS

**4**

CALORIES

**1108 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup almonds sliced



4 servings pepper black freshly ground



12 tablespoons butter



2 eggs with 2 tablespoons milk beaten



2 cups flour



2 tablespoons parsley leaves fresh chopped



1 teaspoon garlic chopped



2 pounds idaho potatoes diced peeled

- ☐ 2 juice of lemon
- ☐ 4 servings emeril's original essence
- ☐ 4 servings salt
- ☐ 2 tablespoons shallots minced
- ☐ 24 ounce trout red

Equipment

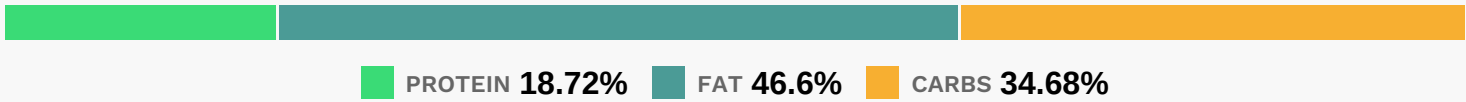
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Preheat the oven to warm, about 170 degrees F. Preheat an electric fryer to 365 degrees F and fry the potatoes until golden brown, drain and set aside, season with salt. Alternatively you may fry them on the stove in a Dutch oven.
- ☐ In a large saute pan, over medium heat, melt 4 tablespoons of the butter.
- ☐ Add the shallots, garlic, and potatoes, season with salt and pepper and saute for 2 minutes.
- ☐ Transfer the potatoes to the oven to keep warm while you are cooking the fish. Season the fillets, flour, and egg wash with the Essence. Dredge the fillets in the seasoned flour, coating completely. Dip each fillet in the egg wash, letting the excess drip off then dredge the fillets back into the seasoned flour, coating completely. Set aside.
- ☐ In a large cast-iron skillet set over medium heat, melt 4 tablespoons of the butter.
- ☐ Add the fillets and pan fry until they are golden brown, about 3 to 4 minutes on each side.
- ☐ Remove the fish from the pan, drain on paper towels set over a plate, then transfer to fish to the oven to keep warm. Wipe out the skillet. Melt the remaining 4 tablespoons butter.
- ☐ Add the almonds, season with salt and pepper and saute for 5 minutes or until the almonds are golden.
- ☐ Remove from the heat and stir in the lemon juice and parsley. To serve, spoon the potatoes in the center of each plate.

Lay the fish on top of the potatoes. Then spoon the almond butter sauce over the fish.

Nutrition Facts



Properties

Glycemic Index:103.44, Glycemic Load:67.46, Inflammation Score:-9, Nutrition Score:52.352608556333%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1108.37kcal (55.42%), Fat: 58g (89.23%), Saturated Fat: 24.66g (154.11%), Carbohydrates: 97.14g (32.38%), Net Carbohydrates: 88.77g (32.28%), Sugar: 3.63g (4.03%), Cholesterol: 189.02mg (63.01%), Sodium: 567.93mg (24.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.42g (104.85%), Vitamin B12: 13.32µg (222.08%), Manganese: 2.84mg (142.04%), Vitamin B1: 1.34mg (89.2%), Phosphorus: 742.72mg (74.27%), Vitamin B3: 14.77mg (73.86%), Vitamin B2: 1.25mg (73.33%), Selenium: 45.26µg (64.66%), Vitamin B6: 1.27mg (63.39%), Potassium: 1893.97mg (54.11%), Vitamin E: 7.9mg (52.67%), Iron: 8.64mg (48%), Folate: 189.52µg (47.38%), Copper: 0.9mg (45.06%), Vitamin B5: 4.46mg (44.6%), Vitamin D: 6.64µg (44.26%), Magnesium: 172.69mg (43.17%), Vitamin A: 2152.24IU (43.04%), Vitamin K: 42µg (40%), Fiber: 8.37g (33.47%), Vitamin C: 24.4mg (29.58%), Zinc: 3.08mg (20.56%), Calcium: 194.96mg (19.5%)