



Trout Amandine



Gluten Free



Popular



Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almond toasted
- ☐ 2 tablespoons butter
- ☐ 12 ounce fish fillets such as trout
- ☐ 2 tablespoons juice of lemon (-)
- ☐ 1 tablespoon parsley
- ☐ 2 servings salt and pepper to taste

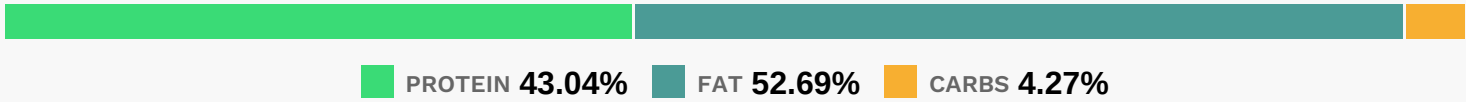
Equipment

- ☐ frying pan

Directions

- ☐ Heat the butter in a pan over medium heat until it is bubbling, add the fish, cook until cooked, about 2–3 minutes per side, and set aside.
- ☐ Add the butter to the pan and cook until it browns, about 2–3 minutes.
- ☐ Add the almonds and cook until lightly toasted, about 2–3 minutes.
- ☐ Add the lemon juice and parsley, season with salt and pepper and remove from heat.
- ☐ Serve the fish covered in the sauce.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:21.06391307582%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg 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: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 334.28kcal (16.71%), Fat: 20.04g (30.82%), Saturated Fat: 8.64g (53.98%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.9g (1%), Cholesterol: 115.15mg (38.38%), Sodium: 373.65mg (16.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.82g (73.65%), Selenium: 71.73µg (102.47%), Vitamin B12: 2.71µg (45.19%), Vitamin B3: 7.1mg (35.5%), Vitamin D: 5.27µg (35.15%), Phosphorus: 350.2mg (35.02%), Vitamin K: 36.16µg (34.44%), Vitamin E: 3.99mg (26.58%), Magnesium: 79.16mg (19.79%), Potassium: 627.92mg (17.94%), Manganese: 0.33mg (16.56%), Vitamin B6: 0.3mg (15.02%), Vitamin B2: 0.25mg (14.54%), Folate: 52.34µg (13.09%), Copper: 0.25mg (12.58%), Vitamin A: 519.35IU (10.39%), Vitamin C: 8.47mg (10.26%), Vitamin B5: 0.93mg (9.25%), Iron: 1.52mg (8.44%), Vitamin B1: 0.1mg (6.62%), Zinc: 0.96mg (6.41%), Fiber: 1.55g (6.19%), Calcium: 55.08mg

(5.51%)