



Trout Bruschetta With Chili Vinaigrette

 Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12.3 inch thick bread country-style cut in half crosswise
- ☐ 4 tablespoons chili oil hot
- ☐ 1 tablespoon chili powder
- ☐ 0.5 cup flour instant such as Wondra
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 large clove garlic minced
- ☐ 10 servings kosher salt
- ☐ 10 servings kosher salt and pepper freshly ground

- ☐ 16 oil-cured olives black pitted halved
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 10 servings pepper freshly ground
- ☐ 1 cup roasted peppers red chopped
- ☐ 3 tablespoons sherry vinegar
- ☐ 4 fillet trout

Equipment

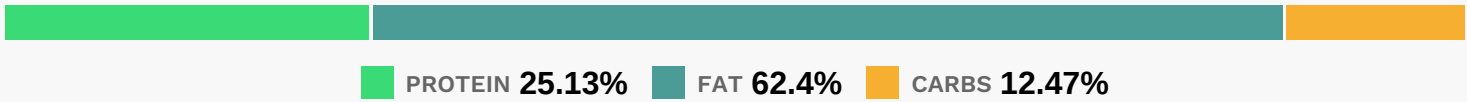
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ offset spatula

Directions

- ☐ Make the bruschetta: Preheat the oven to 375 degrees F.
- ☐ Lay the bread slices on baking sheets, brush with olive oil and season with salt and pepper.
- ☐ Bake until crisp, 5 to 6 minutes.
- ☐ Line a rimmed baking sheet with foil, then sprinkle 2 tablespoons salt over the foil.
- ☐ Lay the trout fillets skin-side down on the salt and sprinkle liberally with more salt. Set aside in the refrigerator for 10 minutes.
- ☐ Meanwhile, make the chili vinaigrette: Toast the chili powder in a small skillet over low heat, 1 minute.
- ☐ Let cool. In a small bowl, whisk the chili powder, garlic and vinegar.
- ☐ Whisk in the chili oil, olive oil, 1/2 teaspoon salt, pepper to taste and the parsley.

- ☐ Rinse the trout fillets and pat dry. Season the trout with pepper. Fill a shallow dish with the instant flour. Dredge the fillets in the flour, shaking off the excess.
- ☐ Heat 2 tablespoons olive oil in a large skillet over moderately high heat. When hot, add the fish, skin-side down, and cook until crisp, about 1 minute. Turn with an offset spatula and cook on the other side until done, about 1 minute.
- ☐ Drain on paper towels.
- ☐ To serve, cut the trout into bite-size pieces. Top each toast with a piece of roasted red pepper and a piece of trout. Spoon some of the vinaigrette over the trout.
- ☐ Sprinkle with the olives and parsley.
- ☐ Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:22.77, Glycemic Load:4.29, Inflammation Score:-4, Nutrition Score:15.815652411917%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 246.82kcal (12.34%), Fat: 17.04g (26.22%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 6.65g (2.42%), Sugar: 0.3g (0.33%), Cholesterol: 39.44mg (13.15%), Sodium: 743.51mg (32.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.89%), Vitamin B12: 5.3µg (88.29%), Manganese: 0.72mg (35.83%), Vitamin B1: 0.31mg (20.54%), Vitamin K: 21.21µg (20.2%), Vitamin B3: 3.8mg (19.01%), Phosphorus: 184.26mg (18.43%), Vitamin D: 2.65µg (17.68%), Selenium: 11.9µg (16.99%), Vitamin B2: 0.28mg (16.27%), Vitamin E: 2.31mg (15.43%), Vitamin B5: 1.39mg (13.92%), Iron: 1.85mg (10.3%), Vitamin C: 8.04mg (9.75%), Vitamin B6: 0.19mg (9.53%), Copper: 0.18mg (8.97%), Vitamin A: 441.94IU (8.84%), Potassium: 304.19mg (8.69%), Folate: 26.82µg (6.71%), Magnesium: 21.88mg (5.47%), Calcium: 48.49mg (4.85%), Fiber: 1.01g (4.04%), Zinc: 0.6mg (4.02%)