



Trout Topped with Cucumber Salsa

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons butter
- ☐ 2 cups cucumber peeled seeded finely chopped
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 1.5 teaspoons cilantro leaves fresh minced
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 0.3 cup rice wine vinegar
- ☐ 4 servings try build-a-meal

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 1.5 tablespoons sugar
- ☐ 24 ounce trout

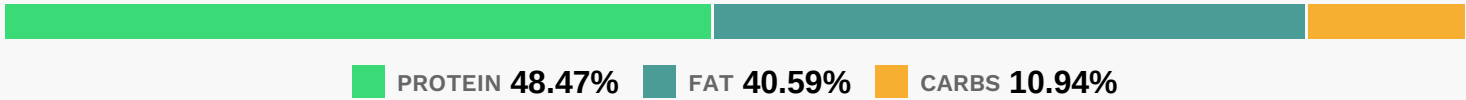
Equipment

- ☐ frying pan

Directions

- ☐ To prepare salsa, combine first 6 ingredients. Cover and chill 2 hours.To prepare fish, melt butter in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle 1 tablespoon cilantro, garlic, salt, and black pepper evenly over 1 side of fillets.
- ☐ Add fillets, cilantro side down, to pan; cook 3 minutes. Turn, and cook 3 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:93.27, Glycemic Load:3.66, Inflammation Score:-4, Nutrition Score:26.023478352505%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 308.78kcal (15.44%), Fat: 13.45g (20.69%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 7.16g (2.6%), Sugar: 5.99g (6.66%), Cholesterol: 104.03mg (34.68%), Sodium: 252.68mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.13g (72.26%), Vitamin B12: 13.25µg (220.91%), Manganese: 1.62mg (81.15%), Phosphorus: 444.53mg (44.45%), Vitamin D: 6.63µg (44.23%), Vitamin B1: 0.63mg (41.75%), Vitamin B3: 7.8mg (39.02%), Vitamin B5: 3.51mg (35.13%), Vitamin B2: 0.59mg (34.59%), Selenium: 22.42µg (32.03%), Vitamin B6: 0.43mg (21.35%), Potassium: 745.5mg (21.3%), Copper: 0.39mg (19.34%), Iron:

2.87mg (15.95%), Magnesium: 50.22mg (12.55%), Vitamin C: 8.25mg (10%), Calcium: 89.95mg (9%), Zinc: 1.34mg (8.92%), Folate: 34.49µg (8.62%), Vitamin K: 6.48µg (6.17%), Vitamin A: 257.78IU (5.16%), Fiber: 1g (4.01%), Vitamin E: 0.57mg (3.82%)