



HEALTH SCORE

76%

Trout with Almond-Herb Crust



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup saltine crumbs
- ☐ 3 tablespoons thyme leaves fresh chopped
- ☐ 0.3 cup ground almonds
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon pepper
- ☐ 8 servings garnish: thyme sprigs fresh
- ☐ 2 pounds trout

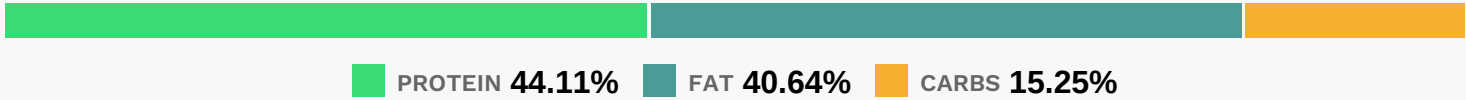
Equipment

☐ grill

Directions

- ☐ COMBINE first 4 ingredients in a shallow dish. Dip fillets in milk; dredge in crumb mixture.
- ☐ Place in a grill basket coated with cooking spray; coat fillets with cooking spray.
- ☐ COOK, covered with grill lid, over hot coals (400 degrees to 500 degrees) 5 minutes on each side or until golden.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:20.179565152396%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg

Nutrients (% of daily need)

Calories: 242.87kcal (12.14%), Fat: 10.84g (16.67%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 7.71g (2.8%), Sugar: 1.46g (1.62%), Cholesterol: 67.6mg (22.53%), Sodium: 130.99mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.92%), Vitamin B12: 8.95µg (149.13%), Manganese: 1.13mg (56.33%), Vitamin B1: 0.49mg (32.96%), Phosphorus: 312.12mg (31.21%), Vitamin D: 4.59µg (30.6%), Vitamin B3: 5.78mg (28.92%), Vitamin B2: 0.45mg (26.4%), Selenium: 16.85µg (24.07%), Vitamin B5: 2.32mg (23.23%), Iron: 2.96mg (16.43%), Potassium: 473.62mg (13.53%), Vitamin B6: 0.26mg (13%), Copper: 0.26mg (12.9%), Calcium: 109.02mg (10.9%), Magnesium: 36.66mg (9.17%), Vitamin C: 6.37mg (7.72%), Zinc: 1.01mg (6.72%), Folate: 26.02µg (6.51%), Fiber: 1.44g (5.76%), Vitamin A: 262.25IU (5.24%), Vitamin E: 0.24mg (1.62%)