



Trout with almonds & red peppers



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bell pepper red deseeded chopped
- ☐ 2 large cherry tomatoes halved roughly chopped
- ☐ 1 garlic clove chopped
- ☐ 1 tbsp olive oil plus a little extra
- ☐ 1 tbsp balsamic vinegar
- ☐ 2 fillet trout
- ☐ 2 tbsp almonds flaked
- ☐ 2 servings lemon wedges

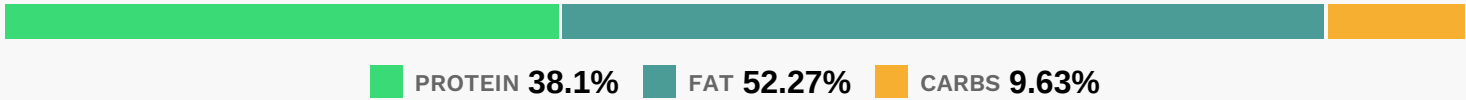
Equipment

☐ oven

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Tip the pepper, tomatoes, garlic, oil and vinegar into a roasting tin, then toss them together. Roast for 20 mins, then make a space in the roasting tin for the trout fillets, scattering with the almonds and a little salt and pepper.
- ☐ Return to the oven for a further 10–15 mins, until the fish is cooked and the almonds lightly toasted.
- ☐ Serve with lemon wedges for squeezing over and a rocket salad on the side.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:37.205217568771%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 405.33kcal (20.27%), Fat: 23.5g (36.16%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 6.59g (2.4%), Sugar: 5.54g (6.15%), Cholesterol: 98.6mg (32.87%), Sodium: 95.9mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.55g (77.1%), Vitamin B12: 13.24µg (220.72%), Vitamin C: 110.68mg (134.16%), Manganese: 1.82mg (91.04%), Vitamin A: 2747.9IU (54.96%), Phosphorus: 494.65mg (49.47%),

Vitamin B1: 0.67mg (44.62%), Vitamin B3: 8.92mg (44.58%), Vitamin D: 6.63µg (44.2%), Vitamin B2: 0.75mg (44.13%), Vitamin B5: 3.64mg (36.38%), Vitamin E: 5.3mg (35.34%), Selenium: 22.21µg (31.73%), Vitamin B6: 0.63mg (31.26%), Potassium: 913.51mg (26.1%), Copper: 0.46mg (22.81%), Iron: 3.52mg (19.54%), Magnesium: 77.18mg (19.3%), Folate: 66.58µg (16.65%), Fiber: 3.15g (12.6%), Calcium: 112.82mg (11.28%), Zinc: 1.69mg (11.25%), Vitamin K: 8.9µg (8.48%)