



Trout with creamy potato salad

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g potato such as charlotte, peeled if you like and halved
- ☐ 4 tsp natural yogurt
- ☐ 4 tsp mayonnaise
- ☐ 1 lemon zest
- ☐ 1 tbsp capers rinsed
- ☐ 4 small pickled cucumbers / gherkins sliced
- ☐ 2 spring onion finely sliced
- ☐ 0.3 cucumber diced

☐ 2 fillet trout

Equipment

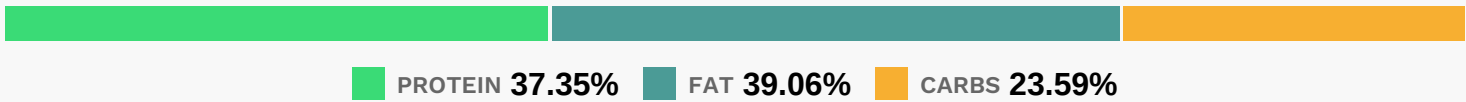
☐ baking sheet

☐ grill

Directions

- ☐ Boil the potatoes in salted water for 15 mins until just tender.
- ☐ Drain and rinse under cold water to cool, then drain again.
- ☐ Heat the grill.
- ☐ Meanwhile, mix together the yogurt and mayonnaise, then season with a good squeeze of lemon. Gently stir into the potatoes with the capers, gherkins, most of the spring onion and cucumber.
- ☐ Season the trout, then grill on a baking sheet, skin-side down, for 3-4 mins depending on thickness, until just cooked. Scatter with lemon zest and serve with the potato salad, scattered with remaining spring onions.
- ☐ Cut the remaining lemon half into wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:34.646521775619%

Flavonoids

Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 422.14kcal (21.11%), Fat: 18.19g (27.99%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 20.68g (7.52%), Sugar: 4.13g (4.59%), Cholesterol: 104.04mg (34.68%), Sodium: 1184.9mg (51.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.13g (78.27%), Vitamin B12: 13.31µg (221.86%), Manganese: 1.68mg (84.11%), Vitamin K: 80.24µg (76.42%), Phosphorus: 533.09mg (53.31%), Vitamin B1: 0.72mg (48.17%), Vitamin B3: 9.22mg (46.08%), Vitamin D: 6.66µg (44.41%), Vitamin B2: 0.66mg (38.75%), Vitamin B5:

3.86mg (38.61%), Potassium: 1316.51mg (37.61%), Selenium: 22.76µg (32.52%), Copper: 0.61mg (30.42%), Vitamin B6: 0.6mg (29.88%), Vitamin C: 19.93mg (24.16%), Iron: 4.14mg (23%), Magnesium: 78.63mg (19.66%), Fiber: 4.04g (16.17%), Folate: 61.17µg (15.29%), Calcium: 125.23mg (12.52%), Zinc: 1.79mg (11.92%), Vitamin A: 422.1IU (8.44%), Vitamin E: 0.81mg (5.42%)