



Trout with Lentils



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup carrots finely chopped
- ☐ 0.3 cup celery chopped
- ☐ 1 cup lentils dried
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 0.3 cup leek chopped

- ☐ 1 teaspoon olive oil
- ☐ 0.8 teaspoon salt divided
- ☐ 1 tablespoon sherry vinegar
- ☐ 12 ounce trout
- ☐ 0.5 cup water

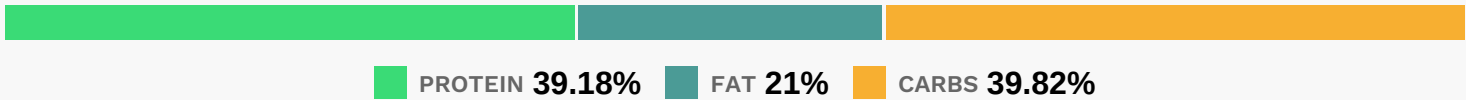
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add leek, carrot, and garlic; saut 2 minutes. Stir in lentils, water, and broth; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until lentils are tender and liquid is nearly absorbed.
- ☐ Remove from heat.
- ☐ Add celery, parsley, vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper to lentil mixture, stirring to combine.
- ☐ Preheat broiler.
- ☐ Sprinkle trout with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place fish on a baking sheet coated with cooking spray; broil 5 minutes or until fish flakes easily when tested with a fork. Break fish into chunks; add to lentil mixture, tossing gently to combine.

Nutrition Facts



Properties

Glycemic Index:57.36, Glycemic Load:4.18, Inflammation Score:-9, Nutrition Score:32.086956418079%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 319.61kcal (15.98%), Fat: 7.37g (11.34%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 16.26g (5.91%), Sugar: 1.83g (2.03%), Cholesterol: 49.33mg (16.44%), Sodium: 903.3mg (39.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.88%), Vitamin B12: 6.82µg (113.73%), Manganese: 1.48mg (73.96%), Folate: 250.93µg (62.73%), Fiber: 15.19g (60.77%), Vitamin B1: 0.74mg (49.18%), Phosphorus: 445.6mg (44.56%), Vitamin A: 1610.49IU (32.21%), Iron: 5.33mg (29.58%), Vitamin B3: 5.78mg (28.89%), Vitamin B5: 2.86mg (28.58%), Potassium: 863.66mg (24.68%), Vitamin B6: 0.49mg (24.6%), Selenium: 17.2µg (24.57%), Vitamin B2: 0.42mg (24.46%), Vitamin K: 25.44µg (24.23%), Copper: 0.46mg (22.75%), Vitamin D: 3.32µg (22.11%), Magnesium: 83.23mg (20.81%), Zinc: 2.95mg (19.64%), Calcium: 82.46mg (8.25%), Vitamin C: 5.69mg (6.9%), Vitamin E: 0.68mg (4.54%)