



Trout with Tropical Fruit Salsa and Mixed Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.1 teaspoons creole seasoning
- ☐ 1 tablespoon brown sugar dark
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup mangos diced pitted peeled
- ☐ 6 cups baby greens mixed
- ☐ 1 cup pineapple diced cored peeled

- ☐ 0.5 cup bell pepper diced red
- ☐ 0.5 cup onion diced red
- ☐ 20 ounce golden trout fillets with skin
- ☐ 6 tablespoons vegetable oil

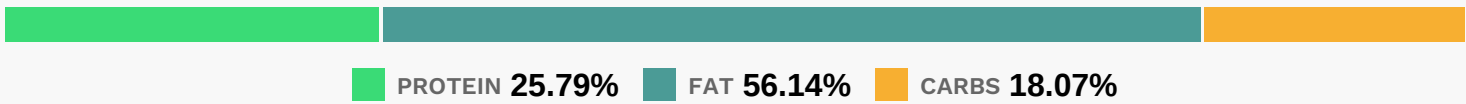
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk 4 tablespoons oil, lime juice, sugar, ginger, and 1/8 teaspoon Creole seasoning in small bowl to blend. Season vinaigrette with salt and pepper.
- ☐ Combine pineapple, mango, bell pepper, and red onion in large bowl.
- ☐ Add half of vinaigrette; toss to coat. Toss greens in medium bowl with remaining vinaigrette.
- ☐ Brush trout fillets with 1 tablespoon oil.
- ☐ Sprinkle with remaining 4 teaspoons Creole seasoning, about 1/2 teaspoon per side, then salt and pepper.
- ☐ Heat remaining 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add trout fillets and cook until just opaque in center and browned, about 2 minutes per side.
- ☐ Divide greens among 4 plates.
- ☐ Place trout fillets and salsa alongside.

Nutrition Facts



Properties

Glycemic Index:54.1, Glycemic Load:6.56, Inflammation Score:-9, Nutrition Score:34.882608703945%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 480.48kcal (24.02%), Fat: 30.47g (46.87%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 19.47g (7.08%), Sugar: 14.74g (16.38%), Cholesterol: 82.21mg (27.4%), Sodium: 93.57mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.49g (62.98%), Vitamin B12: 11.04µg (184.04%), Vitamin C: 80.84mg (97.99%), Manganese: 1.8mg (89.88%), Vitamin A: 2681.96IU (53.64%), Vitamin K: 42.42µg (40.4%), Phosphorus: 399.02mg (39.9%), Vitamin B1: 0.59mg (39.22%), Vitamin B3: 7.61mg (38.04%), Vitamin D: 5.53µg (36.85%), Vitamin B2: 0.57mg (33.5%), Vitamin B5: 3.1mg (30.99%), Vitamin B6: 0.56mg (28.2%), Selenium: 18.75µg (26.78%), Potassium: 865.05mg (24.72%), Vitamin E: 3.28mg (21.87%), Copper: 0.41mg (20.7%), Folate: 82µg (20.5%), Iron: 3.02mg (16.77%), Magnesium: 56.14mg (14.03%), Fiber: 2.61g (10.44%), Calcium: 92.38mg (9.24%), Zinc: 1.3mg (8.64%)