



 **39%**  
HEALTH SCORE

## Trout wrapped in bacon

 **Gluten Free**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**519 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 800 g trout
- 0.5 juice of lemon
- 4 thyme sprigs fresh
- 8 bacon thin (strips)
- 4 servings pepper black
- 4 servings parsley fresh chopped
- 4 servings lemon wedges
- 4 servings butter for greasing

## Equipment

- oven
- knife

## Directions

- Squeeze lemon juice over the skin and inside the cavity of each fish, season all over with salt and ground black pepper, then put a thyme sprig in each cavity.
- Stretch each bacon rasher using the back of a knife, then wrap two rashers around each fish.
- Place the fish in a shallow ovenproof dish, lightly greased with butter, with the loose ends of bacon tucked underneath to prevent them from unwinding.
- Bake the trout for 15–20 minutes in an oven at 200C, until the flesh flakes easily tested with the point of a sharp knife and the bacon is crisp an beginning to brown.
- Transfer the fish to warmed individual plates and serve immediately garnished with chopped parsley and sprigs of thyme and accompanied by lemon wedges.

## Nutrition Facts

 **PROTEIN 37.24%**  **FAT 61.59%**  **CARBS 1.17%**

## Properties

Glycemic Index:46.13, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:33.359565217391%

## Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Taste

Sweetness: 6.82%, Saltiness: 100%, Sourness: 30.58%, Bitterness: 32.18%, Savoriness: 62.36%, Fattiness: 54.29%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 519.15kcal (25.96%), Fat: 34.8g (53.54%), Saturated Fat: 10.73g (67.07%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.14g (0.42%), Sugar: 0.16g (0.17%), Cholesterol: 155.79mg (51.93%), Sodium: 429.84mg (18.69%), Protein: 47.34g (94.69%), Vitamin B12: 15.81µg (263.48%), Manganese: 1.74mg (87.2%), Vitamin K: 66.31µg (63.16%), Phosphorus: 558.56mg (55.86%), Vitamin B1: 0.83mg (55.13%), Vitamin B3: 10.85mg (54.24%), Vitamin D: 7.98µg (53.17%), Selenium: 34.11µg (48.73%), Vitamin B2: 0.71mg (41.58%), Vitamin B5: 4.16mg (41.58%), Vitamin B6: 0.53mg (26.35%), Potassium: 845.14mg (24.15%), Copper: 0.41mg (20.41%), Iron: 3.62mg (20.13%), Magnesium: 53.46mg (13.36%), Vitamin A: 640.69IU (12.81%), Zinc: 1.91mg (12.72%), Vitamin C: 9.9mg (12%), Calcium: 99.9mg (9.99%), Folate: 33.56µg (8.39%), Vitamin E: 0.74mg (4.96%), Fiber: 0.34g (1.35%)