



Vine-Smoked Trout



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings canola oil for brushing



4 servings sage fresh for garnish



4 servings lemon wedges fresh for garnish



4 servings pepper black freshly ground to taste fine



4 trout whole cleaned

Equipment

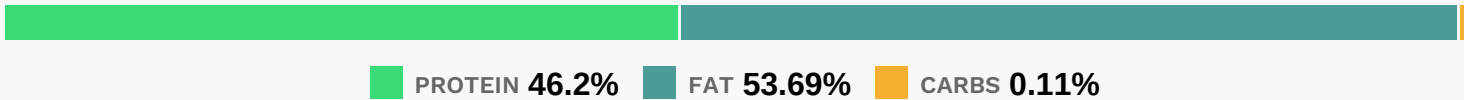


grill

Directions

- ☐ Fill your charcoal chimney with briquets, set the chimney on the bottom grill grate, and light, or prepare a fire in your smoker. For a gas grill, turn half the burners to medium. Rub the trout all over with the canola oil and sprinkle with salt and pepper.
- ☐ When the coals are ready, dump them into the bottom of your grill, and spread them evenly across half. Scatter the wood chips on the hot coals, or place them in a metal container close to a burner on a gas grill.
- ☐ Place the trout on the grill grate on the indirect-heat side of the grill. When the smoke starts to rise, close the lid.
- ☐ Smoke the trout at 225° to 250°F for 45 to 60 minutes or until the fish begins to flake when tested with a fork in the thickest part and has a smoky aroma.
- ☐ Garnish with rosemary or sage leaves and lemon wedges.
- ☐ Suggested wood: Grapevine or alder
- ☐ Excerpt from 25 Essentials: Techniques for Smoking, by Ardie A. Davis, © 200
- ☐ Photographs © 2009 by Joyce Oudkerk Pool. Used by permission of The Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:41.475217309983%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 627.56kcal (31.38%), Fat: 36.48g (56.13%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.03g (0.03%), Cholesterol: 197.2mg (65.73%), Sodium: 176.84mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.64g (141.28%), Vitamin B12: 26.49µg (441.43%), Manganese: 2.91mg (145.52%), Vitamin D: 13.26µg (88.4%), Phosphorus: 833.33mg (83.33%), Vitamin B1: 1.19mg

(79.38%), Vitamin B3: 15.3mg (76.51%), Vitamin B2: 1.12mg (66.03%), Vitamin B5: 6.6mg (65.99%), Selenium: 42.85µg (61.21%), Copper: 0.76mg (38.19%), Potassium: 1230.28mg (35.15%), Vitamin B6: 0.68mg (34.05%), Iron: 5.12mg (28.45%), Vitamin E: 3.13mg (20.88%), Magnesium: 75.12mg (18.78%), Zinc: 2.25mg (14.98%), Calcium: 147.17mg (14.72%), Folate: 44.33µg (11.08%), Vitamin K: 10.49µg (9.99%), Vitamin A: 194.57IU (3.89%), Vitamin C: 2.23mg (2.7%)