



Whole Roasted Trout with Asian Pear-Fig Chutney



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings figs
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons olive oil
- ☐ 4 pound rainbow-colored candy with heads and tails intact cleaned

Equipment

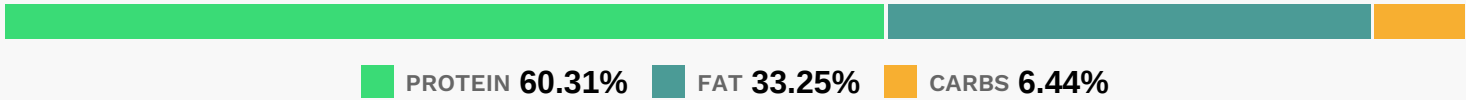
- ☐ oven

- ☐ baking pan
- ☐ spatula

Directions

- ☐ Prepare chutney, and let cool slightly.
- ☐ While chutney cools, cut 3 crosswise slits through skin and partially into flesh on one side of each fish. Pat fish dry, and place in a shallow baking pan coated with cooking spray.
- ☐ Stir together oil, garlic salt, and ginger.
- ☐ Brush fish with spiced oil inside and out.
- ☐ Bake, uncovered, at 450 for 15 minutes or until fish flakes easily with a fork.
- ☐ Transfer fish to individual serving plates, using a wide spatula. Spoon 1/3 cup chutney over each fish.
- ☐ Serve with additional chutney, if desired.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:4.97, Inflammation Score:-7, Nutrition Score:39.447825970857%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 640.33kcal (32.02%), Fat: 22.87g (35.18%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 8.44g (3.07%), Sugar: 8.17g (9.07%), Cholesterol: 267.62mg (89.21%), Sodium: 722.76mg (31.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 93.32g (186.63%), Vitamin B12: 20.18µg (336.41%), Phosphorus: 1237.08mg (123.71%), Vitamin B3: 24.67mg (123.35%), Vitamin B6: 1.9mg (95.06%), Selenium: 57.53µg (82.19%), Potassium: 2304.57mg (65.84%), Manganese: 0.95mg (47.43%), Vitamin B5: 4.36mg (43.62%), Vitamin B1: 0.59mg (39.21%), Magnesium: 150.2mg (37.55%), Zinc: 4.99mg (33.29%), Calcium: 322.41mg (32.24%), Vitamin B2: 0.5mg (29.54%), Copper: 0.53mg (26.61%), Iron: 3.5mg (19.46%), Vitamin C: 11.89mg (14.41%), Folate: 57.5µg (14.37%), Vitamin E: 1.06mg (7.09%), Vitamin A: 352.38IU (7.05%), Vitamin K: 6.57µg (6.26%), Fiber: 1.52g (6.08%)