

Easy 20 Minute Oven Baked Trout

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-style-baked-salmon-trout-recipe>

Ingredients:

- olive oil
- 2 rainbow trout small, cleaned and butterflied, opened up with the halves still attached, about 1 pound
- 1 lemon sliced
- 4 fresh parsley or dill sprigs
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 165 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 57 grams
7. SaturatedFat: 4 grams
8. Sodium: 480 milligrams

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