

Oven Baked Rainbow Trout

Yield: 3 min
Total Time: 25 min

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

Ingredients:

- 2 rainbow trout gutted and cleaned, with heads still on
- 4 teaspoons olive oil
- 1 lemon thinly sliced
- 2 cloves garlic sliced
- 4 sprigs fresh dill each of, and parsley, or rosemary or thyme
- kosher salt
- freshly ground black pepper

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 110 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 38 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 320 milligrams

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