

# Grilled Steelhead Trout

Yield: 2 min  
Total Time: 25 min

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

## Ingredients:

- 1 lemon sliced into thin rounds with the ends reserved
- 3 tablespoons olive oil
- 1 1/2 teaspoons minced garlic
- 1 1/2 teaspoons minced onion
- salt and ground black pepper to taste
- 1 steelhead trout filet

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 85 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 45 milligrams

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