

Trout Amandine

Mrs. Vernon H. Lang, Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

TROUT

12 trout fillets

salt

black pepper

cayenne pepper

1 egg, beaten

1/4 cup milk

fine cracker crumbs

SAUCE

1/4 cup butter

1 package (3-1/4 ounce) sliced

almonds

3/4 cup cold water

3/4 teaspoon cornstarch

3 tablespoons parsley, chopped

1 teaspoon sugar

dash cayenne pepper

Season the fillets generously with salt, pepper and cayenne.

In a bowl, combine the egg and milk. Dip the trout in the egg mixture and roll in the cracker crumbs.

In a skillet with 1/2-inch of hot fat, fry until golden brown.

Make the sauce: In a skillet, melt the butter and fry the almonds slowly until brown. In a bowl, dissolve the cornstarch in the cold water. Add the mixture to the skillet. Add the parsley, sugar and cayenne pepper. Spoon over the fried trout.

Per Serving (excluding unknown items): 466 Calories; 32g Fat (61.3% calories from fat); 39g Protein; 6g Carbohydrate; 2g Dietary Fiber; 149mg Cholesterol; 181mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	466	Vitamin B6 (mg):	.3mg
% Calories from Fat:	61.3%	Vitamin B12 (mcg):	12.5mcg
% Calories from Carbohydrates:	5.2%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	33.5%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	32g	Folacin (mcg):	38mcg
Saturated Fat (g):	8g	Niacin (mg):	8mg

Monounsaturated Fat (g): 16g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 149mg
Carbohydrate (g): 6g
Dietary Fiber (g): 2g
Protein (g): 39g
Sodium (mg): 181mg
Potassium (mg): 791mg
Calcium (mg): 150mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 532IU
Vitamin A (r.e.): 123 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 5 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 466 Calories from Fat: 286

% Daily Values*

Total Fat	32g	49%
Saturated Fat	8g	41%
Cholesterol	149mg	50%
Sodium	181mg	8%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	7%
Protein	39g	
Vitamin A		11%
Vitamin C		6%
Calcium		15%
Iron		20%

* Percent Daily Values are based on a 2000 calorie diet.