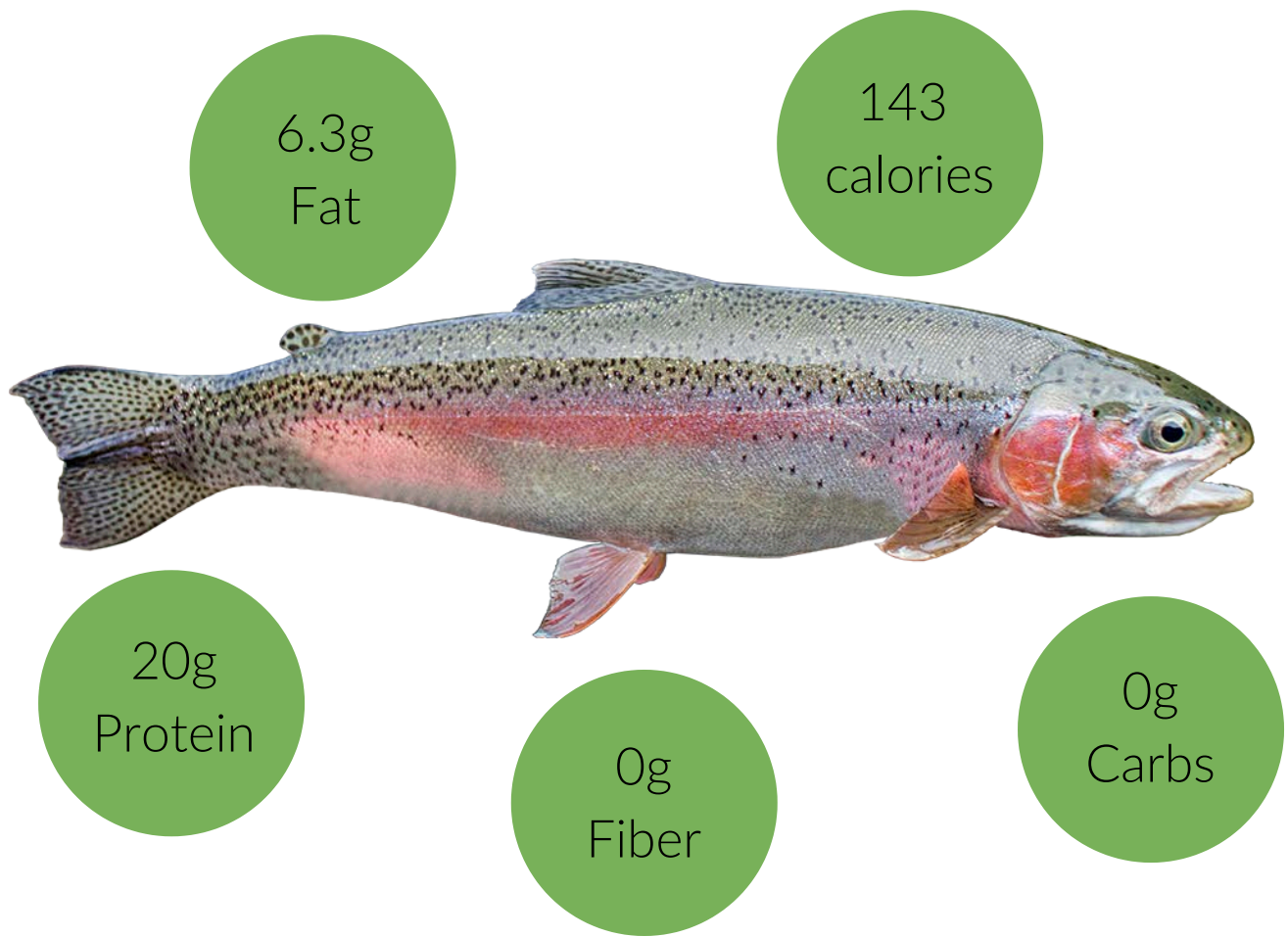


Trout Nutrition Facts



A 3-ounce serving of cooked rainbow trout (85g) provides 143 calories, 0 grams of carbohydrates, 0 grams of fiber, 20 grams of protein, 6.3 grams of fat, and 52mg of sodium. Trout is an excellent source of protein, healthy fats, vitamins such as vitamin D, and minerals.

- Calories: 143
- Fat: 6.3g
- Carbohydrate: 0g
- Fiber: 0g
- Sodium: 52mg
- Protein: 20g

Trout Health Benefits

Promotes Heart Health

Rainbow trout contains heart-healthy omega-3 fatty acids, which can lower triglyceride levels, reduce blood pressure, keep plaque from clogging your arteries, and prevent the development of arrhythmias.



An Essential Building Block

Trout is an excellent source of protein, an essential building block for muscles, bones, skin, blood, and cartilage.



Promotes Bone Growth

Trout contains vitamin D, which is needed for bone growth and remodeling, promotes calcium absorption, reduces inflammation in the body, and benefits neuromuscular and immune function.



Fights Oxidative Stress

The selenium in trout helps to produce antioxidant enzymes that assist in fighting oxidative stress and reducing inflammation.

