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Orange Trout with Garlic and Herbs | Hy

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Trout Baked with Orange

Add 2 slices of orange, distribute between each fish - orange juice and butter, add some ground black pepper, wrap tightly. 4 Place on baking tray and bake for 20 mins. Serve immediately with a green salad or a green vegetable.

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Protein in an orange, per 100g

Orange peel, raw has a nutritional value score of 24 out of 100. Comparing the protein content and the nutritional density in 100g for Orange peel, raw; We class this as a medium to low protein content item. In terms of overall nutritional value we class this as an item with a high nutritional density value.

Top Ten Oranges

Top Ten Oranges by oranges.com ... orange juice is now the most popular fruit juice in the world, and the orange fruit ranks 4th in terms of overall fruit popularity. Oranges are full of nutritional value and in addition to being eaten fresh or squeezed for juice, oranges are also used in a wide variety of other recipes, mainly desserts and ...