



Baked Catfish in Foil Packets

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce catfish fillets
- 0.5 cup cucumber peeled finely chopped ()
- 0.3 cup green onions sliced (2 large)
- 1 teaspoon ground ginger
- 1 tablespoon soya sauce reduced-sodium
- 0.5 cup bell pepper red chopped ()
- 1 teaspoon sesame oil

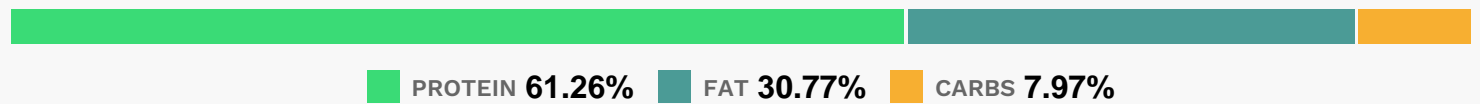
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 45
- Combine soy sauce, ginger, and sesame oil, stirring well.
- Cut 4 (12-inch) squares of aluminum foil; place a fish fillet in center of each square. Spoon green onions, bell pepper, and cucumber evenly over each fillet. Spoon soy sauce mixture evenly over vegetables. Fold foil over fillets to make packets, and seal edges tightly.
- Place fish packets on a baking sheet; bake at 450 for 12 minutes.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:15.807391415472%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 129.36kcal (6.47%), Fat: 4.33g (6.65%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 1.75g (0.64%), Sugar: 1.19g (1.33%), Cholesterol: 65.77mg (21.92%), Sodium: 194.97mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.38g (38.76%), Vitamin D: 14.17µg (94.5%), Vitamin B12: 2.53µg (42.15%), Vitamin C: 26.34mg (31.93%), Phosphorus: 255.13mg (25.51%), Selenium: 14.66µg (20.94%), Vitamin B1: 0.26mg (17.24%), Vitamin K: 15.19µg (14.46%), Potassium: 505.8mg (14.45%), Vitamin A: 714.28IU (14.29%), Manganese: 0.25mg (12.74%), Vitamin B3: 2.48mg (12.39%), Vitamin B6: 0.21mg (10.38%), Vitamin B5: 0.99mg (9.86%), Magnesium: 35.39mg (8.85%), Folate: 28.06µg (7.01%), Vitamin B2: 0.12mg (6.89%), Zinc: 0.73mg (4.85%), Iron: 0.7mg (3.9%), Copper: 0.06mg (3.15%), Fiber: 0.77g (3.07%), Calcium: 25.78mg (2.58%), Vitamin E: 0.36mg (2.43%)