



Baked Lemon-Dill Catfish

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 16 ounce catfish fillets
- ☐ 1 cup breadcrumbs dry fine
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon pepper

☐ 1 teaspoon salt

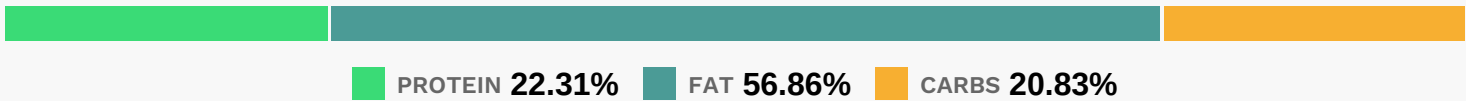
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Stir together mayonnaise and next 5 ingredients in a small bowl.
- ☐ Place half of mayonnaise mixture in another small bowl to serve with fish; cover and chill until ready to serve.
- ☐ Rinse fillets, and pat dry with paper towels.
- ☐ Brush fillets evenly with remaining half of mayonnaise mixture; sprinkle evenly with salt and pepper. Dredge fillets in breadcrumbs. Arrange fillets on a lightly greased rack in an aluminum foil-lined broiler pan.
- ☐ Bake at 425 for 20 minutes or until fish flakes with a fork and is opaque throughout.
- ☐ Serve immediately with chilled mayonnaise mixture.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:19.257391152175%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 418.31kcal (20.92%), Fat: 26.11g (40.17%), Saturated Fat: 4.71g (29.45%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 20.17g (7.34%), Sugar: 2.88g (3.2%), Cholesterol: 79.18mg (26.39%), Sodium: 1021.74mg (44.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.04g (46.09%), Vitamin D: 14.43µg (96.17%), Vitamin B12: 2.73µg (45.43%), Vitamin K: 47.68µg (45.41%), Vitamin B1: 0.51mg (34.26%), Selenium: 22.42µg (32.03%), Phosphorus: 302.62mg (30.26%), Vitamin B3: 3.99mg (19.95%), Manganese: 0.31mg (15.64%), Potassium: 503.39mg (14.38%), Vitamin B2: 0.23mg (13.25%), Vitamin B5: 1.14mg (11.45%), Folate: 45.04µg (11.26%), Magnesium: 40.75mg (10.19%), Iron: 1.76mg (9.8%), Vitamin B6: 0.19mg (9.4%), Calcium: 88.81mg (8.88%), Vitamin C: 6.2mg (7.51%), Zinc: 1.09mg (7.26%), Vitamin E: 0.97mg (6.47%), Copper: 0.12mg (6.17%), Fiber: 1.35g (5.41%), Vitamin A: 116.76IU (2.34%)