



Barbecue Baked Catfish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup butter
- ☐ 3 ounce catfish fillets
- ☐ 1 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon jamaican jerk seasoning
- ☐ 0.8 cup catsup
- ☐ 5 servings garnish: parsley fresh chopped

- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon worcestershire sauce

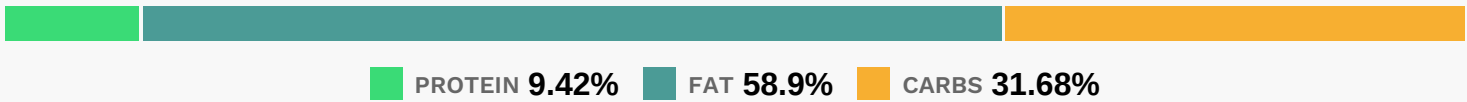
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Stir together ketchup and next 6 ingredients in a small saucepan over medium-low heat; cook ketchup mixture 10 minutes, stirring occasionally.
- ☐ Sprinkle catfish with pepper; arrange in an even layer in a lightly greased aluminum foil-lined broiler pan.
- ☐ Pour sauce over catfish.
- ☐ Bake catfish at 400 for 10 to 12 minutes or until fish flakes with a fork.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:7.7395652428917%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 143.19kcal (7.16%), Fat: 9.75g (15%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 11.42g (4.15%), Sugar: 8.56g (9.51%), Cholesterol: 9.87mg (3.29%), Sodium: 502.43mg (21.84%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin K: 67.03µg (63.84%), Vitamin A: 999.16IU (19.98%), Vitamin D: 2.13µg (14.17%), Vitamin C: 7.57mg (9.18%), Vitamin E: 0.99mg (6.61%), Potassium: 228.24mg (6.52%), Vitamin B12: 0.39µg (6.51%), Phosphorus: 55.17mg (5.52%), Vitamin B2: 0.09mg (5.17%), Vitamin B3: 0.95mg (4.76%), Vitamin B6: 0.09mg (4.68%), Selenium: 2.88µg (4.12%), Iron: 0.69mg (3.85%), Manganese: 0.07mg (3.72%), Vitamin B1: 0.05mg (3.35%), Magnesium: 12.77mg (3.19%), Folate: 11.56µg (2.89%), Copper: 0.06mg (2.76%), Calcium: 23.81mg (2.38%), Vitamin B5: 0.18mg (1.82%), Fiber: 0.38g (1.51%), Zinc: 0.22mg (1.48%)