

Barbecued Catfish

 Gluten Free  Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons capers
- 28 ounce catfish fillets
- 6 tablespoons cooking oil
- 0.5 cup dijon mustard
- 3 tablespoons green onion chopped
- 1 tablespoon gherkin juice
- 3 tablespoons juice of lemon
- 1 cup mayonnaise

- 3 tablespoons parsley leaves chopped
- 0.5 cup hickory chips
- 4 tablespoons rub dry
- 0.1 teaspoon cayenne pepper salt
- 3 pickled cucumbers / gherkins sweet (recommended: Mt. Olive Gherkins)
- 0.5 cup water

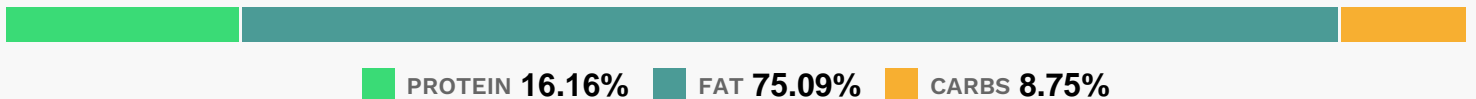
Equipment

- bowl
- grill

Directions

- Preheat the grill.
- Coat each catfish fillet with the dry rub. Dip the fish into the oil and place the fillets on a hot grill to establish grill marks. After establishing grill marks and the fillets release from the grill, place the catfish into a smoker. Smoke for 2 minutes using the hickory wood chips.
- Add water to the chips and steam the fish for another 2 minutes.
- Remove the catfish from the smoker and serve immediately with homemade Tartar Sauce.
- Mix all ingredients together in a small bowl. Season with salt, to taste. Chill, covered, in the refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:70.77, Glycemic Load:5.41, Inflammation Score:-8, Nutrition Score:31.036956372468%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg 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 Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin:

6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 7.99mg, Kaempferol: 7.99mg, Kaempferol: 7.99mg, Kaempferol: 7.99mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg

Nutrients (% of daily need)

Calories: 888.48kcal (44.42%), Fat: 74.46g (114.56%), Saturated Fat: 11.12g (69.52%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 15.76g (5.73%), Sugar: 5.12g (5.69%), Cholesterol: 138.62mg (46.21%), Sodium: 1185.28mg (51.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.06g (72.12%), Vitamin K: 207.81µg (197.91%), Vitamin D: 24.92µg (166.12%), Vitamin B12: 4.49µg (74.88%), Selenium: 37.43µg (53.48%), Phosphorus: 498.47mg (49.85%), Vitamin E: 5.88mg (39.18%), Vitamin B1: 0.53mg (35.21%), Potassium: 989.68mg (28.28%), Manganese: 0.56mg (27.95%), Vitamin B3: 4.88mg (24.41%), Magnesium: 82.37mg (20.59%), Vitamin B5: 1.91mg (19.11%), Iron: 3.43mg (19.05%), Vitamin B6: 0.38mg (19.04%), Vitamin C: 13.52mg (16.38%), Fiber: 3.77g (15.1%), Vitamin A: 738.84IU (14.78%), Vitamin B2: 0.21mg (12.6%), Folate: 48.17µg (12.04%), Calcium: 117.55mg (11.75%), Zinc: 1.62mg (10.8%), Copper: 0.19mg (9.37%)