



Big Ray's Greek Grilled Catfish

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 48 ounce fillets catfish
- 1 tablespoon mint leaves dried
- 4 ounces feta cheese crumbled
- 2 tablespoons olive oil
- 6 servings greek seasoning to taste
- 6 toothpicks
- 6 toothpicks

Equipment

toothpicks

grill

Directions

Preheat grill for medium heat and lightly oil the grate.

Season both sides of each catfish fillet with Greek seasoning.

Sprinkle feta cheese and mint over one side of each fillet; drizzle olive oil over the cheese and mint. Beginning with narrower end, roll fish tightly around the filling and secure with a toothpick.

Cook on preheated grill until the fish flakes easily with a fork, 20 to 25 minutes.

Nutrition Facts

PROTEIN 52.81% **FAT 45.13%** **CARBS 2.06%**

Properties

Glycemic Index:5.33, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:22.553043686825%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 310.2kcal (15.51%), Fat: 15.18g (23.36%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.04g (0.05%), Cholesterol: 148.36mg (49.45%), Sodium: 314.24mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.95%), Vitamin D: 28.43µg (189.5%), Vitamin B12: 5.38µg (89.62%), Phosphorus: 539.91mg (53.99%), Selenium: 31.46µg (44.94%), Vitamin B1: 0.51mg (33.86%), Potassium: 841.43mg (24.04%), Vitamin B3: 4.58mg (22.88%), Vitamin B2: 0.33mg (19.52%), Vitamin B5: 1.93mg (19.31%), Vitamin B6: 0.36mg (18.03%), Magnesium: 60.06mg (15.01%), Calcium: 144.91mg (14.49%), Zinc: 1.73mg (11.56%), Vitamin K: 9.37µg (8.92%), Folate: 32.51µg (8.13%), Iron: 1.43mg (7.95%), Manganese: 0.14mg (7.13%), Vitamin E: 0.89mg (5.92%), Vitamin A: 238.38IU (4.77%), Copper: 0.09mg (4.68%), Fiber: 0.5g (2.02%), Vitamin C: 1.61mg (1.95%)