



## Blackened Catfish and Spicy Rice

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter melted
- 1 teaspoon cajun spice
- 16 ounce fillets catfish
- 0.5 teaspoon dill weed dried
- 0.5 teaspoon garlic powder
- 1 teaspoon ground pepper
- 1 teaspoon ground pepper black
- 1 teaspoon ground thyme

- 1 teaspoon juice of lemon to taste
- 0.3 teaspoon lemon pepper
- 0.5 teaspoon onion powder
- 0.5 teaspoon paprika
- 0.5 teaspoon pepper sauce hot
- 1 teaspoon salt
- 2 cups water
- 1 cup rice white

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Bring the rice, water, Cajun seasoning, and hot pepper sauce to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- While rice is cooking, mix thyme, black pepper, cayenne pepper, salt, garlic powder, onion powder, paprika, dill weed, and lemon pepper in a bowl until well blended.
- Brush catfish fillets with butter and sprinkle with seasoning mixture other both sides.
- Heat any remaining melted butter in a large skillet over medium-high heat; pan-fry seasoned catfish in butter until fish is easily flaked with a fork, 4 to 5 minutes per side.
- Serve catfish over a plate of seasoned rice.
- Pour leftover butter from the skillet over fish and sprinkle with lemon juice.

## Nutrition Facts



**PROTEIN 18.5%** **FAT 49.52%** **CARBS 31.98%**

## Properties

Glycemic Index:60.55, Glycemic Load:22.42, Inflammation Score:-8, Nutrition Score:17.926087203233%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 488.69kcal (24.43%), Fat: 26.75g (41.16%), Saturated Fat: 15.54g (97.11%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 37.53g (13.65%), Sugar: 0.27g (0.3%), Cholesterol: 126.78mg (42.26%), Sodium: 835.63mg (36.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.97%), Vitamin D: 14.17µg (94.5%), Vitamin B12: 2.58µg (42.95%), Manganese: 0.67mg (33.33%), Selenium: 21.82µg (31.17%), Phosphorus: 305.5mg (30.55%), Vitamin A: 1364.36IU (27.29%), Vitamin B1: 0.28mg (18.79%), Vitamin B3: 3.06mg (15.31%), Potassium: 516.67mg (14.76%), Vitamin B5: 1.4mg (14.02%), Vitamin B6: 0.25mg (12.56%), Magnesium: 44.36mg (11.09%), Copper: 0.18mg (9.09%), Zinc: 1.22mg (8.1%), Vitamin K: 8.37µg (7.97%), Vitamin B2: 0.13mg (7.74%), Iron: 1.38mg (7.69%), Vitamin E: 1.11mg (7.38%), Fiber: 1.34g (5.37%), Calcium: 53.1mg (5.31%), Folate: 18.2µg (4.55%), Vitamin C: 2.29mg (2.78%)