



Blackened Catfish Fillets

 Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce catfish fillets
- 0.1 teaspoon garlic powder
- 0.3 teaspoon ground cumin
- 1 tablespoon butter light
- 1.5 teaspoons oregano dried
- 1 tablespoon paprika
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- paper towels

Directions

- Combine first 6 ingredients in a small bowl; stir well.
- Rinse fillets, and pat dry with paper towels to remove excess moisture.
- Sprinkle paprika mixture evenly on both sides of fillets; rub seasonings in gently.
- Place a 12-inch cast iron skillet over high heat until hot.
- Add 1/2 tablespoon butter, and tilt pan to coat bottom.
- Add 2 fillets, and cook 2 minutes. Reduce heat to medium; turn, and cook 4 minutes or until fish flakes easily when tested with a fork.
- Remove from pan, and keep warm. Repeat procedure with remaining butter and fillets.
- Serve with lemon slices, if desired.

Nutrition Facts

PROTEIN 61.78% **FAT 34.41%** **CARBS 3.81%**

Properties

Glycemic Index:15.5, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:17.788695729297%

Nutrients (% of daily need)

Calories: 187.39kcal (9.37%), Fat: 7.02g (10.8%), Saturated Fat: 2.48g (15.53%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 0.73g (0.27%), Sugar: 0.22g (0.24%), Cholesterol: 102.37mg (34.12%), Sodium: 366.78mg (15.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.71%), Vitamin D: 21.3µg (141.98%), Vitamin B12: 3.8µg (63.3%), Phosphorus: 364.7mg (36.47%), Selenium: 21.65µg (30.93%), Vitamin B1: 0.37mg (24.41%), Vitamin A: 1022.14IU (20.44%), Potassium: 667.52mg (19.07%), Vitamin B3: 3.46mg (17.32%), Vitamin B5: 1.36mg (13.56%), Vitamin B6: 0.25mg (12.29%), Magnesium: 45.4mg (11.35%), Vitamin B2: 0.15mg (8.91%), Iron: 1.31mg (7.27%), Manganese: 0.15mg (7.27%), Zinc: 0.99mg (6.57%), Vitamin K: 6.65µg (6.34%), Folate: 19.78µg (4.94%), Vitamin E: 0.71mg (4.73%), Calcium: 44mg (4.4%), Fiber: 1.01g (4.06%), Copper: 0.08mg (4.01%), Vitamin C: 1.23mg (1.5%)