



Blackened Catfish Fillets

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 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
- ☐ 4 servings try build-a-meal
- ☐ 0.5 teaspoon salt

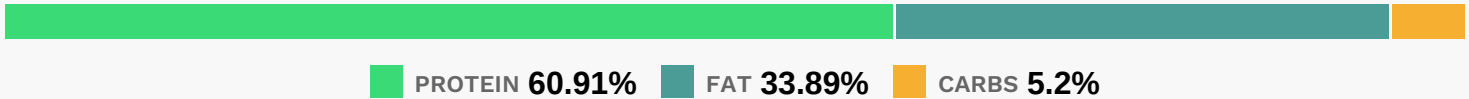
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 6 ingredients in a small bowl, and stir well.
- ☐ Rinse fillets, and pat dry with paper towels to remove excess moisture.
- ☐ Sprinkle paprika mixture evenly on both sides of fillets; gently rub in seasonings.
- ☐ Place a 12-inch cast iron skillet over high heat until hot.
- ☐ Add 1 1/2 teaspoons 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. Repeat procedure with remaining butter and fillets.
- ☐ Serve with lemon slices, if desired.
- ☐ Serve immediately.carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:18.169565221538%

Nutrients (% of daily need)

Calories: 190.63kcal (9.53%), Fat: 7.05g (10.84%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.23g (0.25%), Cholesterol: 102.37mg (34.12%), Sodium: 366.79mg (15.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.5g (56.99%), Vitamin D: 21.3µg (141.98%), Vitamin B12: 3.8µg (63.3%), Phosphorus: 371.02mg (37.1%), Selenium: 22.16µg (31.66%), Vitamin B1: 0.37mg (24.61%), Vitamin A: 1022.25IU (20.44%), Potassium: 674.82mg (19.28%), Vitamin B3: 3.52mg (17.6%), Vitamin B5: 1.37mg (13.71%), Vitamin B6: 0.25mg (12.49%), Magnesium: 47.88mg (11.97%), Manganese: 0.21mg (10.62%), Vitamin B2: 0.15mg (9.08%), Iron: 1.37mg (7.63%), Zinc: 1.04mg (6.94%), Vitamin K: 6.71µg (6.39%), Folate: 19.93µg (4.98%), Fiber: 1.24g (4.96%), Vitamin E: 0.72mg (4.82%), Calcium: 44.56mg (4.46%), Copper: 0.09mg (4.36%), Vitamin C: 1.23mg (1.5%)