



Blackened Catfish Tacos



Gluten Free



Popular



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 pound catfish filets white
- ☐ 2 tablespoons creole seasoning
- ☐ 0.3 cup rémoulade sauce
- ☐ 4 servings hot sauce to taste
- ☐ 2 cups lettuce shredded
- ☐ 1 cup pico de gallo
- ☐ 8 6-inch tortillas ()

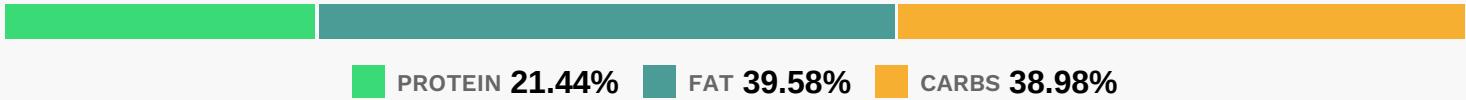
Equipment

☐ frying pan

Directions

- ☐ Heat a cast iron skillet over medium-high heat.Dip the fish into the butter, sprinkle on the seasoning and pat it in.
- ☐ Place the fish in the skillet and cook until it just starts to blacken but not burn, about 2 minutes, flip it and do the same to the other side.Assemble tacos and enjoy.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:9.81, Inflammation Score:-9, Nutrition Score:22.144782605379%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 450.44kcal (22.52%), Fat: 20g (30.76%), Saturated Fat: 9.95g (62.19%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 41.08g (14.94%), Sugar: 11.93g (13.26%), Cholesterol: 96.27mg (32.09%), Sodium: 1164.67mg (50.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.37g (48.75%), Vitamin D: 14.17µg (94.5%), Vitamin B12: 2.55µg (42.55%), Selenium: 28.07µg (40.09%), Vitamin A: 1898.43IU (37.97%), Phosphorus: 378.54mg (37.85%), Vitamin B1: 0.56mg (37.58%), Vitamin B3: 5.08mg (25.41%), Manganese: 0.42mg (20.99%), Folate: 81.26µg (20.32%), Vitamin B2: 0.29mg (16.93%), Potassium: 585.62mg (16.73%), Iron: 2.86mg (15.91%), Vitamin K: 16µg (15.24%), Fiber: 3.21g (12.85%), Vitamin B6: 0.24mg (12.19%), Calcium: 117.07mg (11.71%), Magnesium: 45.89mg (11.47%), Vitamin B5: 1.01mg (10.14%), Vitamin C: 7.02mg (8.5%), Vitamin E: 1.14mg (7.6%), Zinc: 1.03mg (6.83%), Copper: 0.12mg (5.97%)