



Blackened Fish



Gluten Free



Low Fod Map

READY IN



41 min.

SERVINGS



6

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce catfish fillets (1/)
- ☐ 2 tablespoons blackened fish seasoning
- ☐ 6 servings lemon wedges
- ☐ 1 cup butter unsalted melted

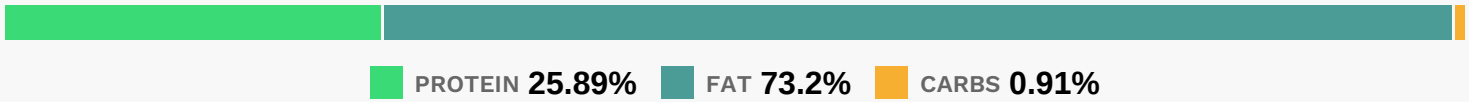
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wax paper

Directions

- ☐ Dip fillets in melted butter.
- ☐ Sprinkle 1 teaspoon seasoning evenly over both sides of each fillet. Press seasoning into fish, and place on wax paper.
- ☐ Heat a large cast-iron skillet over medium-high heat 10 minutes or until smoking.
- ☐ Place 2 fillets in the skillet, and cook 4 minutes on each side or until lightly charred.
- ☐ Transfer fillets to a serving dish; cover and keep warm.
- ☐ Drain butter from skillet, and carefully wipe clean with paper towels.
- ☐ Heat skillet 5 minutes or until smoking.
- ☐ Place 2 fillets in skillet, and repeat cooking procedure. Repeat with remaining 2 fillets.
- ☐ Serve with lemon wedges.
- ☐ Note: For testing purposes only, we used Chef Paul Prudhomme's Magic Seasoning Blends Blackened Redfish Magic for seasoning.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:17.79043478292%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 437.24kcal (21.86%), Fat: 35.59g (54.75%), Saturated Fat: 20.71g (129.42%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.09g (0.1%), Cholesterol: 180mg (60%), Sodium: 77.68mg (3.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.32g (56.64%), Vitamin D: 21.83µg (145.53%), Vitamin B12: 3.86µg (64.29%), Phosphorus: 367.02mg (36.7%), Selenium: 21.91µg (31.3%), Vitamin B1: 0.36mg (24.2%), Vitamin A: 1065.82IU (21.32%), Potassium: 628.53mg (17.96%), Vitamin B3: 3.3mg (16.5%), Vitamin B5: 1.34mg (13.45%), Vitamin K: 13.39µg (12.75%), Vitamin B6: 0.22mg (10.84%), Magnesium: 42.95mg (10.74%), Vitamin B2:

0.14mg (8.12%), Manganese: 0.14mg (6.79%), Zinc: 0.94mg (6.29%), Vitamin E: 0.9mg (5.98%), Iron: 0.99mg (5.53%), Folate: 20.09µg (5.02%), Calcium: 46.43mg (4.64%), Copper: 0.08mg (3.77%), Vitamin C: 1.88mg (2.28%)