



Cajun Baked Catfish Dijon

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 pounds catfish fillets
- ☐ 1 teaspoon chile oil hot
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup mayonnaise

- ☐ 0.8 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt

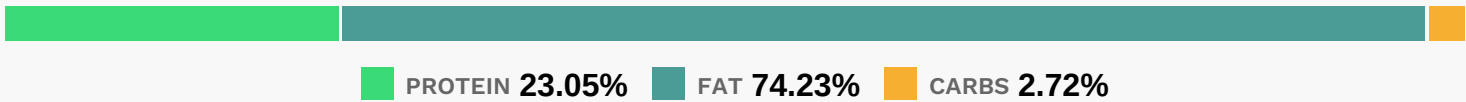
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Arrange the catfish in a shallow baking dish; season liberally with salt and pepper.
- ☐ Spread onion slices over the fish.
- ☐ Dot fish with butter.
- ☐ Bake in the preheated oven until the fish flakes easily with a fork, about 20 minutes.
- ☐ Remove baking dish from oven.
- ☐ Preheat the oven's broiler.
- ☐ Mix the mayonnaise, Dijon mustard, lemon juice, and hot chile oil together in a bowl.
- ☐ Spread the mayonnaise mixture over the fish.
- ☐ Return the fish to the oven and broil until the sauce is browned and bubbly, 2 to 3 minutes.
- ☐ Garnish with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:26.411304266556%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 678.97kcal (33.95%), Fat: 55.54g (85.45%), Saturated Fat: 11.98g (74.89%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 3.32g (1.21%), Sugar: 2.01g (2.24%), Cholesterol: 170.11mg (56.7%), Sodium: 961.78mg (41.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.8g (77.6%), Vitamin D: 28.46µg (189.74%), Vitamin K: 96.03µg (91.46%), Vitamin B12: 5.14µg (85.61%), Phosphorus: 514.23mg (51.42%), Selenium: 35.4µg (50.57%), Vitamin B1: 0.53mg (35.2%), Potassium: 906.62mg (25.9%), Vitamin B3: 4.47mg (22.35%), Vitamin B5: 1.94mg (19.4%), Magnesium: 64.26mg (16.07%), Vitamin B6: 0.32mg (15.99%), Vitamin E: 2.24mg (14.94%), Vitamin B2: 0.2mg (11.63%), Zinc: 1.41mg (9.39%), Manganese: 0.19mg (9.3%), Folate: 34.62µg (8.66%), Vitamin C: 7.04mg (8.54%), Vitamin A: 404.99IU (8.1%), Iron: 1.15mg (6.41%), Copper: 0.12mg (5.82%), Calcium: 56.48mg (5.65%), Fiber: 1.26g (5.05%)