



Cajun Blackened Catfish

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce catfish fillets
- ☐ 1 teaspoon parsley dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon onion powder

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 0.8 cup butter unsalted

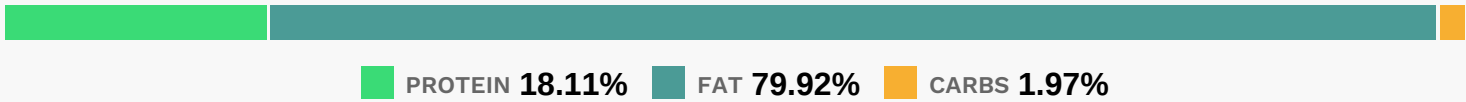
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ In a shallow bowl, mix together the black pepper, garlic powder, onion powder, paprika, parsley, cayenne pepper, kosher salt, oregano, and thyme until thoroughly combined. Press the catfish fillets into the spice mixture to thoroughly coat.
- ☐ Arrange a portable heat source outdoors, such as a butane burner or side burner of a gas grill. Melt butter in a glass or metal bowl. Light the burner, and place a large cast-iron skillet onto the burner over high heat.
- ☐ Pour about 1/4 cup of melted butter into the skillet; set remaining 1/2 cup of butter aside.
- ☐ When the butter in the skillet is smoking hot, lay the catfish fillets into the skillet. Cook until the spices are burned onto the fillets and the catfish is opaque and flaky inside, about 3 minutes per side. Don't breathe smoke from burning spices. To serve, pour remaining 1/2 cup of butter over the catfish.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:15.022173788237%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 422.42kcal (21.12%), Fat: 37.92g (58.34%), Saturated Fat: 22.73g (142.04%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.36g (0.5%), Sugar: 0.2g (0.22%), Cholesterol: 157.28mg (52.43%), Sodium: 636.46mg (27.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.67%), Vitamin D: 14.81µg (98.75%), Vitamin B12: 2.6µg (43.35%), Vitamin A: 1586.88IU (31.74%), Phosphorus: 256.49mg (25.65%), Selenium: 15.09µg (21.55%), Vitamin B1: 0.25mg (16.72%), Potassium: 463.13mg (13.23%), Vitamin B3: 2.31mg (11.54%), Vitamin B5: 0.95mg (9.46%), Vitamin E: 1.35mg (9.01%), Vitamin B6: 0.18mg (8.84%), Vitamin K: 8.66µg (8.25%), Magnesium: 31.65mg (7.91%), Manganese: 0.15mg (7.59%), Vitamin B2: 0.11mg (6.57%), Iron: 0.86mg (4.78%), Zinc: 0.72mg (4.78%), Calcium: 39.7mg (3.97%), Folate: 15.13µg (3.78%), Copper: 0.07mg (3.38%), Fiber: 0.74g (2.96%), Vitamin C: 1.41mg (1.7%)