



Cajun Catfish Wraps with Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1.5 tablespoons cider vinegar
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 24 ounce farm-raised catfish fillets
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 8-inch flour tortillas fat-free ()
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red

- ☐ 0.3 cup mayonnaise light
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 tablespoon paprika
- ☐ 3.5 cups cabbage green red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon stick margarine
- ☐ 0.5 teaspoon sugar

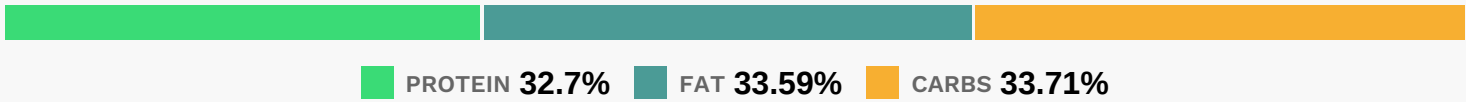
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare the slaw, combine the first 4 ingredients in a bowl; cover and chill.
- ☐ To prepare the wraps, combine flour and next 7 ingredients (flour through red pepper) in a shallow dish. Dredge fillets in flour mixture. Melt the butter in a large nonstick skillet over medium-high heat.
- ☐ Add fillets; saut 5 minutes. Turn fillets over; cook 4 minutes or until fish flakes easily when tested with a fork.
- ☐ Heat the tortillas according to package directions.
- ☐ Cut each catfish fillet lengthwise into 4 pieces. Arrange 4 fillet pieces on each tortilla; top each serving with about 3/4 cup slaw, and roll up.

Nutrition Facts



Properties

Glycemic Index:88.02, Glycemic Load:10.41, Inflammation Score:-9, Nutrition Score:29.985652011374%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 414.89kcal (20.74%), Fat: 15.37g (23.64%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 30.03g (10.92%), Sugar: 5.13g (5.7%), Cholesterol: 100.9mg (33.63%), Sodium: 903.35mg (39.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.65g (67.29%), Vitamin D: 21.26µg (141.75%), Vitamin K: 71.16µg (67.78%), Vitamin B12: 3.8µg (63.28%), Phosphorus: 493.53mg (49.35%), Selenium: 34.37µg (49.11%), Vitamin B1: 0.68mg (45.37%), Vitamin B3: 6.01mg (30.03%), Manganese: 0.59mg (29.47%), Vitamin C: 23.94mg (29.02%), Folate: 99.55µg (24.89%), Vitamin A: 1230.8IU (24.62%), Potassium: 859.41mg (24.55%), Iron: 3.98mg (22.11%), Vitamin B2: 0.33mg (19.51%), Fiber: 4.66g (18.65%), Vitamin B6: 0.37mg (18.45%), Magnesium: 66.37mg (16.59%), Vitamin B5: 1.6mg (15.98%), Calcium: 151.65mg (15.16%), Zinc: 1.42mg (9.5%), Vitamin E: 1.24mg (8.24%), Copper: 0.16mg (8.01%)