



Cajun Shrimp and Catfish

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup alfredo sauce light (such as Contadina)
- ☐ 1 tablespoon butter
- ☐ 1.5 pounds catfish fillets cut into 1/2-inch strips
- ☐ 5.5 cups rice long-grain hot cooked
- ☐ 1 tablespoon less-sodium chicken broth fat-free
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 cup green onions chopped
- ☐ 2 tablespoons buttermilk low-fat

- ☐ 1 cup pre mushrooms
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1 tablespoon low-salt blackening seasoning
- ☐ 1 pound shrimp deveined peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Place the buttermilk and blackening seasoning in a large bowl, stirring to blend.
- ☐ Add catfish; toss gently to coat.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add catfish mixture; cook 3 minutes, stirring frequently.
- ☐ Place the catfish mixture in a 2 1/2-quart shallow casserole coated with cooking spray.
- ☐ Melt the butter in pan over medium-high heat.
- ☐ Add the onions, mushrooms, and chopped parsley; saut 3 minutes.
- ☐ Add shrimp; saut 3 minutes. Spoon shrimp mixture over catfish.
- ☐ Combine Alfredo sauce and broth, stirring with a whisk.
- ☐ Drizzle over the shrimp mixture; sprinkle with cheese.
- ☐ Bake shrimp mixture at 350 for 20 minutes or until bubbly.
- ☐ Serve shrimp mixture over rice.
- ☐ Garnish with the parsley sprigs, if desired.

Nutrition Facts



 **PROTEIN 37.75%**  **FAT 20.95%**  **CARBS 41.3%**

Properties

Glycemic Index:35.25, Glycemic Load:33.2, Inflammation Score:-6, Nutrition Score:19.844782704892%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 325.11kcal (16.26%), Fat: 7.41g (11.41%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 31.88g (11.59%), Sugar: 1.06g (1.17%), Cholesterol: 155.54mg (51.85%), Sodium: 391.59mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.05g (60.1%), Vitamin K: 87.52µg (83.35%), Vitamin D: 10.66µg (71.08%), Phosphorus: 375.55mg (37.56%), Vitamin B12: 1.93µg (32.19%), Selenium: 20.47µg (29.25%), Manganese: 0.58mg (29.24%), Copper: 0.38mg (19.04%), Potassium: 593.4mg (16.95%), Vitamin B1: 0.22mg (14.81%), Magnesium: 58.91mg (14.73%), Vitamin B3: 2.62mg (13.1%), Vitamin B5: 1.3mg (12.98%), Zinc: 1.93mg (12.86%), Vitamin B6: 0.23mg (11.29%), Vitamin A: 538.31IU (10.77%), Vitamin C: 8.22mg (9.97%), Calcium: 93.24mg (9.32%), Vitamin B2: 0.15mg (8.72%), Iron: 1.26mg (7%), Folate: 27.85µg (6.96%), Fiber: 1g (4.01%), Vitamin E: 0.19mg (1.25%)