



Cajun-Spiced Catfish

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 1 teaspoon basil dried
- 1 teaspoon thyme leaves dried
- 16 ounce farm-raised catfish fillets
- 0.1 teaspoon garlic powder
- 1 teaspoon ground pepper red
- 2 tablespoons butter melted reduced-calorie
- 1 teaspoon paprika

0.5 teaspoon salt

Equipment

bowl

oven

broiler pan

Directions

Combine first 8 ingredients in a small bowl.

Place fish on rack of a broiler pan coated with cooking spray.

Brush fish with margarine mixture. Broil 5 1/2 inches from heat (with electric oven door partially opened) 7 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts

PROTEIN 46.69% **FAT 50.14%** **CARBS 3.17%**

Properties

Glycemic Index:21, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:13.6495651525%

Nutrients (% of daily need)

Calories: 163.9kcal (8.19%), Fat: 9.03g (13.89%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.12g (0.13%), Cholesterol: 65.77mg (21.92%), Sodium: 406.43mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.83%), Vitamin D: 14.17µg (94.5%), Vitamin B12: 2.54µg (42.26%), Phosphorus: 244.01mg (24.4%), Selenium: 14.43µg (20.61%), Vitamin B1: 0.24mg (16.3%), Vitamin A: 775.5IU (15.51%), Potassium: 446.81mg (12.77%), Vitamin B3: 2.29mg (11.44%), Vitamin K: 10.19µg (9.71%), Vitamin B5: 0.9mg (8.96%), Vitamin B6: 0.16mg (8.14%), Magnesium: 31.2mg (7.8%), Manganese: 0.16mg (7.79%), Iron: 1.07mg (5.97%), Vitamin B2: 0.1mg (5.88%), Zinc: 0.66mg (4.37%), Vitamin E: 0.56mg (3.75%), Folate: 13.77µg (3.44%), Calcium: 32.65mg (3.27%), Copper: 0.06mg (2.94%), Fiber: 0.63g (2.53%), Vitamin C: 1.32mg (1.6%)