



Catfish and Potato Pie (Pastel de Bagre y Papa)

READY IN



45 min.

SERVINGS



4

CALORIES



912 kcal

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 4 tablespoons butter plus more to grease the baking pans
- ☐ 24 oz catfish fillets
- ☐ 4 servings chives (For garnish)
- ☐ 2 eggs beaten
- ☐ 1 fish bouillon tablet
- ☐ 2 garlic cloves minced
- ☐ 0.5 tablespoon ground cumin
- ☐ 1 cup heavy cream

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup parmesan cheese
- ☐ 6 medium potatoes peeled sliced
- ☐ 4 servings salt and pepper

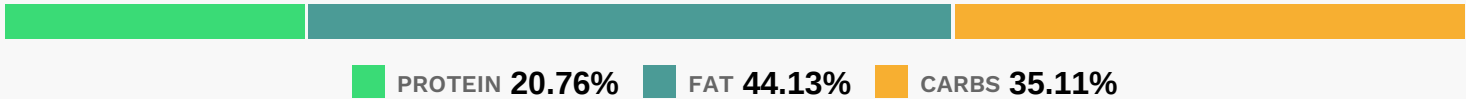
Equipment

- ☐ oven

Directions

- ☐ Preheat the oven to 400° F.

Nutrition Facts



Properties

Glycemic Index:70.69, Glycemic Load:41.55, Inflammation Score:-9, Nutrition Score:43.265652283378%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 911.69kcal (45.58%), Fat: 44.91g (69.09%), Saturated Fat: 25.29g (158.04%), Carbohydrates: 80.39g (26.8%), Net Carbohydrates: 71.58g (26.03%), Sugar: 7.02g (7.8%), Cholesterol: 286.46mg (95.49%), Sodium: 823.96mg (35.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.54g (95.07%), Vitamin D: 22.72µg (151.5%), Vitamin C: 67.08mg (81.31%), Phosphorus: 763.98mg (76.4%), Vitamin B12: 4.36µg (72.61%), Vitamin B6: 1.3mg (64.78%), Potassium: 2166.79mg (61.91%), Vitamin B1: 0.92mg (61.25%), Selenium: 41.17µg (58.81%), Manganese: 0.87mg (43.65%), Vitamin B3: 8.61mg (43.03%), Magnesium: 142.86mg (35.71%), Vitamin B2: 0.61mg (35.65%), Fiber: 8.81g (35.23%), Vitamin A: 1709.1IU (34.18%), Calcium: 330.45mg (33.04%), Iron: 5.49mg (30.52%), Vitamin B5: 3mg (30.01%), Folate: 116.19µg (29.05%), Copper: 0.52mg (26.03%), Zinc: 3.07mg (20.49%), Vitamin K: 13.5µg (12.85%), Vitamin E: 1.29mg (8.6%)