



Catfish Fillets With Thai Cucumber Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.8 pound cucumber english peeled halved sliced
- ☐ 32 ounce farm-raised catfish fillets
- ☐ 0.3 cup cilantro leaves fresh packed finely chopped
- ☐ 2 jalapeño peppers seeded very thinly sliced
- ☐ 0.5 cup onion red very thinly sliced
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vinegar white

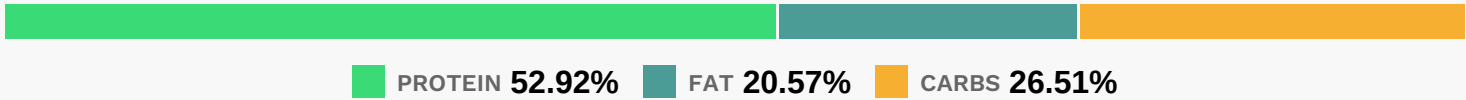
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine vinegar and sugar in a small saucepan; cook over medium heat 5 minutes or until sugar dissolves, stirring occasionally.
- ☐ Remove from heat; let cool.
- ☐ Combine cooled vinegar mixture, cucumber, and next 5 ingredients; toss well.
- ☐ Let stand 30 minutes.
- ☐ Heat a large nonstick skillet over medium- high heat.
- ☐ Sprinkle fillets with salt; coat fillets with cooking spray. Cook fillets in batches 4 minutes on each side or until fish flakes easily when tested with a fork. Spoon cucumber relish over catfish; serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:22.920869578486%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

Nutrients (% of daily need)

Calories: 294.3kcal (14.71%), Fat: 6.58g (10.12%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 17.99g (6.54%), Sugar: 15.93g (17.7%), Cholesterol: 131.54mg (43.85%), Sodium: 544.99mg (23.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.06g (76.11%), Vitamin D: 28.35µg (189%), Vitamin B12: 5.06µg (84.29%), Phosphorus: 504.45mg (50.45%), Selenium: 29.27µg (41.81%), Vitamin B1: 0.51mg (34.17%), Potassium: 1012.29mg (28.92%), Vitamin B3: 4.58mg (22.88%), Vitamin B5: 2.03mg (20.28%), Vitamin B6: 0.36mg (18.14%), Vitamin K: 18.69µg (17.8%), Magnesium: 68.31mg (17.08%), Vitamin C: 14.02mg (17%), Vitamin B2: 0.21mg (12.1%), Zinc: 1.39mg (9.29%), Manganese: 0.18mg (9.18%), Folate: 35.15µg (8.79%), Vitamin A: 420.16IU (8.4%), Copper: 0.14mg (6.78%), Calcium: 64.93mg (6.49%), Iron: 1.15mg (6.36%), Fiber: 1.08g (4.3%), Vitamin E: 0.4mg (2.67%)