



Catfish Jezebel

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz catfish fillets
- 1 tablespoon creole seasoning
- 1 tablespoon horseradish
- 0.3 cup catsup
- 0.3 cup orange marmalade
- 1 teaspoon spicy brown mustard

Equipment

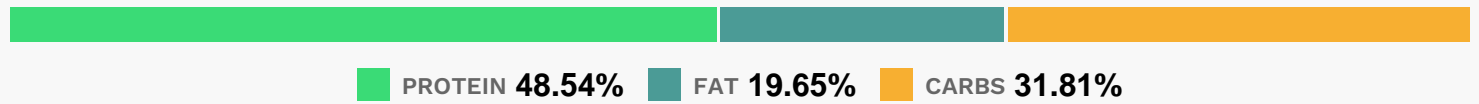
- oven

- roasting pan
- aluminum foil

Directions

- Stir together first 4 ingredients, and set aside.
- Sprinkle Creole seasoning evenly over catfish.
- Place fish in an aluminum foil-lined roasting pan.
- Bake at 425 for 20 minutes or until fish flakes with a fork.
- Serve with marmalade mixture.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:17.343913078308%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 232.48kcal (11.62%), Fat: 5.1g (7.84%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 18.57g (6.19%), Net Carbohydrates: 17.87g (6.5%), Sugar: 15.64g (17.38%), Cholesterol: 98.66mg (32.89%), Sodium: 250.27mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.65%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.79µg (63.22%), Phosphorus: 366.38mg (36.64%), Selenium: 22.3µg (31.85%), Vitamin B1: 0.37mg (24.44%), Potassium: 694.77mg (19.85%), Vitamin B3: 3.6mg (17.99%), Vitamin A: 695.49IU (13.91%), Vitamin B5: 1.32mg (13.19%), Vitamin B6: 0.26mg (12.95%), Magnesium: 44.98mg (11.25%), Vitamin B2: 0.17mg (9.74%), Zinc: 0.97mg (6.47%), Folate: 23.71µg (5.93%), Vitamin C: 4.66mg (5.65%), Manganese: 0.1mg (4.82%), Copper: 0.1mg (4.82%), Vitamin E: 0.61mg (4.06%), Iron: 0.73mg (4.03%), Calcium: 38.4mg (3.84%), Fiber: 0.7g (2.81%), Vitamin K: 1.52µg (1.45%)