



Catfish Parmesan

READY IN



45 min.

SERVINGS



6

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter melted
- 48 ounce catfish fillets
- 1 cup breadcrumbs dry fine
- 6 servings garnishes: lemon wedges fresh
- 0.5 teaspoon paprika
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon pepper
- 1 teaspoon salt

Equipment

- baking sheet
- baking paper
- oven

Directions

- Stir together first 5 ingredients and, if desired, parsley and oregano. Dip catfish in butter; dredge in breadcrumb mixture, and place on a parchment paper-lined baking sheet.
- Bake at 375 for 25 minutes or until fish flakes with a fork.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:23.725652368172%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 447.13kcal (22.36%), Fat: 24.16g (37.17%), Saturated Fat: 5.88g (36.75%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 13.17g (4.79%), Sugar: 1.16g (1.29%), Cholesterol: 136.38mg (45.46%), Sodium: 892.64mg (38.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.42g (82.84%), Vitamin D: 28.38µg (189.18%), Vitamin B12: 5.21µg (86.91%), Phosphorus: 544.22mg (54.42%), Selenium: 35.08µg (50.11%), Vitamin B1: 0.65mg (43.66%), Vitamin B3: 5.55mg (27.74%), Potassium: 872.85mg (24.94%), Vitamin B5: 1.88mg (18.77%), Vitamin A: 921.32IU (18.43%), Magnesium: 63.09mg (15.77%), Vitamin B2: 0.26mg (15.56%), Vitamin B6: 0.3mg (14.8%), Manganese: 0.25mg (12.6%), Calcium: 121.1mg (12.11%), Zinc: 1.67mg (11.13%), Folate: 42.68µg (10.67%), Iron: 1.64mg (9.09%), Copper: 0.13mg (6.47%), Vitamin E: 0.68mg (4.54%), Fiber: 0.94g (3.75%), Vitamin C: 2.16mg (2.61%), Vitamin K: 1.69µg (1.61%)