



## Catfish Piccata

READY IN



30 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons capers drained and rinsed
- 24 ounce catfish fillets
- 0.5 cup cooking wine dry white
- 4 servings flour all-purpose for dredging
- 0.5 cup parsley leaves fresh
- 2 cloves garlic finely chopped
- 4 servings kosher salt and pepper freshly ground
- 1 lemon zest juiced cut into wedges)
- 3 cups salad greens mixed

- 3 tablespoons olive oil extra-virgin
- 2 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- aluminum foil

## Directions

- Pat the fish dry and season with salt and pepper.
- Put the flour in a shallow bowl. Dredge the fish in the flour, shaking off the excess.
- Heat 1 tablespoon each butter and olive oil in a large nonstick skillet over medium-high heat.
- Add the fish and cook, turning once, until opaque, about 3 minutes per side.
- Transfer to a plate and cover with foil.
- Add the garlic to the skillet and cook, stirring, until just golden, about 30 seconds.
- Remove from the heat and add the wine, lemon zest and lemon juice. Return to the heat and cook, stirring, until the wine is slightly reduced, about 2 minutes. Season with salt and pepper. Meanwhile, toss the greens with 1 tablespoon olive oil, and salt and pepper to taste. Divide the fish among plates.
- Add the remaining 1 tablespoon butter to the sauce in the skillet and stir until melted.
- Pour the butter sauce over the fish. Wipe out the skillet.
- Heat the remaining 1 tablespoon olive oil in the skillet over high heat.
- Add the capers and parsley and fry until crisp, about 1 minute; sprinkle over the fish.
- Serve with the salad and lemon wedges.
- Photograph by Antonis Achilleos

## Nutrition Facts

PROTEIN 34.31%  FAT 55.37%  CARBS 10.32%

## Properties

Glycemic Index:38, Glycemic Load:4.47, Inflammation Score:-8, Nutrition Score:25.131304232971%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

## Nutrients (% of daily need)

Calories: 367.86kcal (18.39%), Fat: 21.17g (32.58%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.11g (2.95%), Sugar: 0.47g (0.52%), Cholesterol: 113.71mg (37.9%), Sodium: 392.67mg (17.07%), Alcohol: 3.09g (100%), Alcohol %: 1.45% (100%), Protein: 29.53g (59.05%), Vitamin D: 21.37µg (142.45%), Vitamin K: 130.96µg (124.73%), Vitamin B12: 3.81µg (63.42%), Phosphorus: 389.61mg (38.96%), Selenium: 24.47µg (34.96%), Vitamin B1: 0.44mg (29.2%), Vitamin C: 20.7mg (25.09%), Vitamin A: 1238.98IU (24.78%), Potassium: 743.26mg (21.24%), Vitamin B3: 4.03mg (20.14%), Vitamin B5: 1.44mg (14.36%), Folate: 54.9µg (13.73%), Vitamin B6: 0.27mg (13.43%), Magnesium: 52.89mg (13.22%), Vitamin E: 1.78mg (11.84%), Vitamin B2: 0.2mg (11.6%), Manganese: 0.21mg (10.69%), Iron: 1.76mg (9.77%), Zinc: 1.14mg (7.6%), Copper: 0.12mg (5.91%), Calcium: 50.12mg (5.01%), Fiber: 0.77g (3.07%)