



Catfish with Green Olives



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce catfish fillets
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 4 servings accompaniment: lemon wedges
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup pimiento-stuffed olives green rinsed drained chopped

Equipment

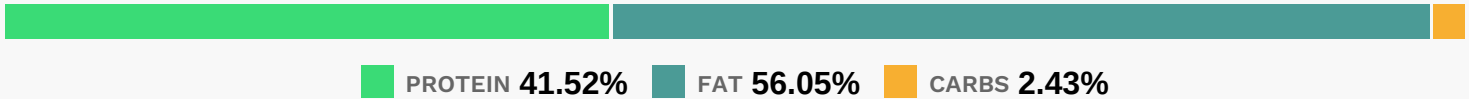
- ☐ bowl

- ☐ frying pan
- ☐ wax paper

Directions

- ☐ Stir together olives, oil, zest, and 2 tablespoons parsley in a bowl.
- ☐ Arrange catfish, skinned sides down, in an oiled 12–inch nonstick skillet, tucking thinner ends of each fillet under. Season fish with salt and pepper, then mound olive mixture on top. Put a round of parchment or wax paper on top of olive mixture, then tightly cover skillet.
- ☐ Cook catfish over moderate heat until just cooked through, 8 to 10 minutes.
- ☐ Serve sprinkled with remaining tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:19.587391355763%

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 Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 274.01kcal (13.7%), Fat: 16.99g (26.14%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.25g (0.28%), Cholesterol: 98.66mg (32.89%), Sodium: 601.51mg (26.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.32g (56.63%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.79µg (63.22%), Vitamin K: 53.89µg (51.32%), Phosphorus: 358.81mg (35.88%), Selenium: 21.75µg (31.07%), Vitamin B1: 0.37mg (24.5%), Potassium: 641.99mg (18.34%), Vitamin B3: 3.37mg (16.83%), Vitamin E: 2.32mg (15.46%), Vitamin B5: 1.32mg (13.25%), Magnesium: 44.49mg (11.12%), Vitamin B6: 0.21mg (10.61%), Vitamin A: 470.88IU (9.42%), Vitamin C: 6.36mg (7.7%), Vitamin B2: 0.13mg (7.55%), Zinc: 0.91mg (6.1%), Folate: 22.76µg (5.69%), Fiber: 1.29g (5.18%), Copper: 0.1mg (5.18%), Iron: 0.91mg (5.06%), Calcium: 46.5mg (4.65%), Manganese: 0.05mg (2.38%)