



Catfish With Green Pea Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, drained canned
- ☐ 24 ounce catfish fillets
- ☐ 1 small cucumber peeled chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 small green onions sliced
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated

- ☐ 1 tablespoon olive oil
- ☐ 15.3 ounce peas sweet drained canned
- ☐ 0.3 teaspoon salt

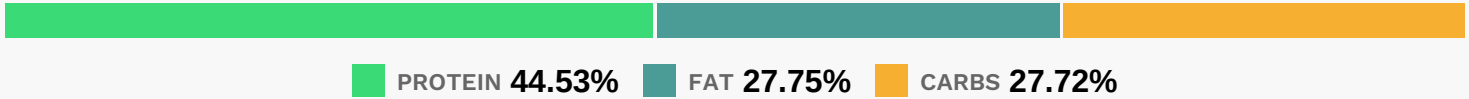
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir together first 8 ingredients in a bowl; let stand 1 hour
- ☐ Sprinkle fish fillets with salt and pepper.
- ☐ Saut fish fillets in a nonstick skillet coated with vegetable cooking spray over medium-high heat about 5 minutes on each side or until fish flakes easily with a fork.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:29.316956437152%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 296.23kcal (14.81%), Fat: 9.19g (14.14%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 14.63g (5.32%), Sugar: 8.73g (9.7%), Cholesterol: 98.66mg (32.89%), Sodium: 556.77mg (24.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.2g (66.4%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.79µg (63.22%), Vitamin K: 49.55µg (47.19%), Phosphorus: 468.35mg (46.84%), Vitamin A: 2174.51IU (43.49%), Vitamin B1: 0.54mg (35.67%), Selenium: 23.55µg (33.65%), Potassium: 1108.93mg (31.68%), Vitamin B3: 5.65mg (28.23%), Vitamin C: 23.02mg (27.9%), Manganese: 0.52mg (26.05%), Fiber: 6.04g (24.14%), Vitamin B6: 0.45mg (22.49%),

Magnesium: 87mg (21.75%), Copper: 0.39mg (19.63%), Iron: 3.47mg (19.3%), Vitamin B5: 1.8mg (18.02%), Folate: 66.7µg (16.67%), Zinc: 2.02mg (13.5%), Vitamin B2: 0.22mg (12.93%), Vitamin E: 1.91mg (12.73%), Calcium: 92.13mg (9.21%)