



 **60%**
HEALTH SCORE

Chili-Glazed Catfish with Bok Choy

 Dairy Free  Very Healthy

READY IN



27 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five-spice powder
- 0.5 teaspoon pepper black
- 1.5 pounds bok choy sliced
- 2 teaspoons canola oil divided
- 24 ounce catfish fillets
- 1 tablespoon chili sauce hot (such as Sriracha)
- 4 teaspoons cornstarch
- 2 tablespoons fish sauce

- 0.5 cup flour all-purpose
- 2 tablespoons green onions diagonally sliced (1 onion)
- 0.3 cup juice of lime fresh ()
- 0.1 teaspoon salt
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon sugar
- 0.5 cup water

Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Place bok choy in a vegetable steamer. Steam, covered, 6 minutes or until tender. Set aside; keep warm.
- Pat fillets dry with paper towels; sprinkle with salt.
- Combine flour, five-spice powder, and pepper in a shallow dish, and stir well. Dredge fillets in flour mixture, and shake off excess flour.
- Heat 1 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add 2 fillets to pan; cook 3 to 4 minutes on each side or until fish flakes easily when tested with a fork.
- Remove fillets from pan; keep warm. Wipe pan clean with paper towels. Repeat procedure with remaining 1 teaspoon oil and fillets.
- While fish cooks, combine water and cornstarch in a small saucepan.
- Add lime juice and next 4 ingredients; bring to a boil, stirring constantly. Cook 1 minute or until thick, stirring constantly.
- Serve fillets over bok choy; drizzle with glaze, and sprinkle with green onions.

Nutrition Facts

PROTEIN **44.55%** FAT **22.84%** CARBS **32.61%**

Properties

Glycemic Index:66.02, Glycemic Load:10.82, Inflammation Score:-10, Nutrition Score:37.227391160053%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 295.47kcal (14.77%), Fat: 7.5g (11.54%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 21.5g (7.82%), Sugar: 6.29g (6.98%), Cholesterol: 98.66mg (32.89%), Sodium: 1016.38mg (44.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.92g (65.85%), Vitamin A: 7756.04IU (155.12%), Vitamin D: 21.26µg (141.75%), Vitamin C: 85.2mg (103.28%), Vitamin K: 85.8µg (81.72%), Vitamin B12: 3.84µg (63.94%), Phosphorus: 447.2mg (44.72%), Folate: 166.87µg (41.72%), Selenium: 28.65µg (40.93%), Vitamin B1: 0.56mg (37.51%), Potassium: 1144.01mg (32.69%), Vitamin B6: 0.59mg (29.63%), Vitamin B3: 5.36mg (26.81%), Manganese: 0.51mg (25.48%), Magnesium: 95.86mg (23.96%), Calcium: 223.41mg (22.34%), Vitamin B2: 0.34mg (19.75%), Iron: 3.17mg (17.59%), Vitamin B5: 1.57mg (15.69%), Fiber: 2.6g (10.4%), Zinc: 1.41mg (9.42%), Copper: 0.15mg (7.61%), Vitamin E: 0.65mg (4.32%)