



## Cornmeal-Crusted Catfish

 Gluten Free

READY IN



33 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon cajun spice (such as Luzianne)
- 2 teaspoons canola oil divided
- 24 ounce catfish fillets
- 0.3 cup milk fat-free
- 2 garlic cloves minced
- 0.5 cup cornmeal yellow stone-ground
- 0.3 cup tartar sauce fat-free

### Equipment

- frying pan
- paper towels

## Directions

- Combine cornmeal and garlic in a shallow dish.
- Brush fillets with milk; sprinkle with seasoning. Dredge fillets in cornmeal mixture, pressing gently to coat.
- Heat a large skillet over medium heat; coat pan with cooking spray.
- Add 1 teaspoon oil.
- Add 2 fillets to pan, and cook 5 to 6 minutes on each side or until fish flakes easily when tested with a fork.
- Remove fillets from pan; set aside, and keep warm.
- Wipe drippings from pan with a paper towel. Repeat procedure with cooking spray, remaining 1 teaspoon oil, and 2 fillets.
- Serve with tartar sauce.

## Nutrition Facts

**PROTEIN 42.64%** **FAT 32.51%** **CARBS 24.85%**

## Properties

Glycemic Index:36.69, Glycemic Load:9.05, Inflammation Score:-5, Nutrition Score:19.43434790943%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 293.98kcal (14.7%), Fat: 10.39g (15.98%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 17.87g (5.96%), Net Carbohydrates: 15.72g (5.72%), Sugar: 1.75g (1.94%), Cholesterol: 100.1mg (33.37%), Sodium: 174.19mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.65g (61.3%), Vitamin D: 21.43µg (142.87%), Vitamin B12: 3.88µg (64.75%), Phosphorus: 422.85mg (42.29%), Selenium: 23.3µg (33.29%), Vitamin B1: 0.43mg (28.82%), Potassium: 725.45mg (20.73%), Vitamin B3: 3.83mg (19.13%), Vitamin B6: 0.36mg (17.95%), Magnesium: 64.33mg (16.08%), Vitamin B5: 1.51mg (15.06%), Manganese: 0.22mg (10.92%), Zinc: 1.61mg (10.72%), Vitamin B2: 0.17mg (10.17%), Fiber: 2.14g (8.58%), Vitamin K: 8.95µg (8.52%), Vitamin A: 385.79IU (7.72%), Iron: 1.27mg (7.06%), Folate:

25.06µg (6.27%), Copper: 0.12mg (5.88%), Vitamin E: 0.81mg (5.37%), Calcium: 52.72mg (5.27%), Vitamin C: 1.99mg (2.41%)