



Cornmeal-Crusted Catfish

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cornmeal yellow
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound catfish filets
- ☐ 0.3 cup ranch dressing fat-free

☐ 1 serving parsley fresh chopped

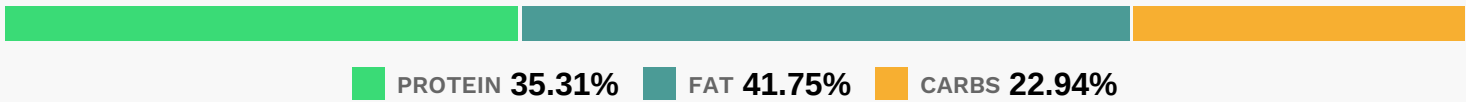
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Heat oven to 450°. Spray broiler-pan rack with cooking spray.
- ☐ Mix cornmeal, bread crumbs, chili powder, paprika, garlic salt and pepper.
- ☐ Remove and discard skin from fish.
- ☐ Cut fish into 4 serving pieces. Lightly brush dressing on all sides of fish. Coat fish with cornmeal mixture.
- ☐ Place fish on rack in broiler pan.
- ☐ Bake uncovered about 15 minutes or until fish flakes easily with fork.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:16.513913102772%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 239.84kcal (11.99%), Fat: 10.93g (16.82%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 11.95g (4.35%), Sugar: 1.35g (1.5%), Cholesterol: 69.67mg (23.22%), Sodium: 533.36mg (23.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.8g (41.6%), Vitamin D: 14.19µg (94.6%), Vitamin B12: 2.58µg

(42.97%), Vitamin K: 37.9µg (36.09%), Phosphorus: 301.46mg (30.15%), Selenium: 17.24µg (24.62%), Vitamin B1: 0.34mg (22.57%), Vitamin B3: 2.96mg (14.81%), Potassium: 483.51mg (13.81%), Vitamin B5: 1.1mg (11%), Vitamin B6: 0.22mg (11%), Magnesium: 42.28mg (10.57%), Manganese: 0.19mg (9.56%), Vitamin A: 418.71IU (8.37%), Vitamin B2: 0.14mg (8.24%), Zinc: 1.05mg (7.03%), Iron: 1.22mg (6.8%), Fiber: 1.56g (6.26%), Folate: 24.34µg (6.09%), Copper: 0.09mg (4.64%), Vitamin E: 0.65mg (4.32%), Calcium: 37.36mg (3.74%), Vitamin C: 2.13mg (2.58%)