

 61%
HEALTH SCORE

Cornmeal-Dusted Catfish with Quinoa Sauté



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 24 ounce catfish filets
- ☐ 0.3 cup cornmeal
- ☐ 1 cup ears corn fresh (2 ears)
- ☐ 2 teaspoons garlic thinly sliced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 1 tablespoon jalapeno minced

- ☐ 4 lemon wedges
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2.5 tablespoons olive oil divided
- ☐ 0.3 cup quinoa uncooked
- ☐ 0.5 teaspoon salt divided
- ☐ 1 cup tomatoes chopped
- ☐ 0.5 cup water hot

Equipment

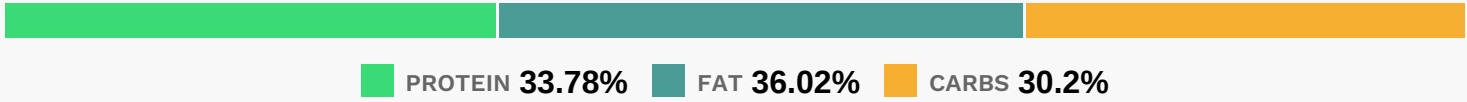
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice.
- ☐ Drain well.
- ☐ Combine 1/2 cup hot water and quinoa in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed and quinoa is tender.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Place cornmeal in a shallow dish.
- ☐ Sprinkle fish with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Dredge fish in cornmeal.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add fish to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove fish from pan; keep warm.
- ☐ Return pan to medium-high heat.
- ☐ Add remaining 1 1/2 tablespoons oil to pan.

- ☐ Add bell pepper, jalapeo, garlic, 1/4 teaspoon salt, and 1/4 teaspoon black pepper to pan; saut 3 minutes.
- ☐ Add corn; saut 2 minutes. Stir in quinoa, tomato, onions, and juice.
- ☐ Serve fish with quinoa mixture and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:5.42, Inflammation Score:-8, Nutrition Score:28.467391449472%

Flavonoids

Eriodictyol: 3.93mg, Eriodictyol: 3.93mg, Eriodictyol: 3.93mg, Eriodictyol: 3.93mg Hesperetin: 5.36mg, Hesperetin: 5.36mg, Hesperetin: 5.36mg, Hesperetin: 5.36mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg, Luteolin: 2.16mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 386.67kcal (19.33%), Fat: 15.72g (24.18%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 25.03g (9.1%), Sugar: 5.13g (5.7%), Cholesterol: 98.66mg (32.89%), Sodium: 376.86mg (16.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.32%), Vitamin D: 21.26µg (141.75%), Vitamin C: 55.46mg (67.23%), Vitamin B12: 3.79µg (63.22%), Phosphorus: 500.64mg (50.06%), Vitamin B1: 0.55mg (36.37%), Selenium: 23.8µg (34.01%), Manganese: 0.62mg (30.93%), Potassium: 1037.31mg (29.64%), Vitamin B6: 0.53mg (26.33%), Magnesium: 103.56mg (25.89%), Vitamin B3: 4.86mg (24.32%), Vitamin K: 25.18µg (23.98%), Folate: 78.45µg (19.61%), Vitamin B5: 1.87mg (18.67%), Fiber: 4.61g (18.45%), Vitamin E: 2.21mg (14.76%), Vitamin A: 713.01IU (14.26%), Vitamin B2: 0.23mg (13.42%), Zinc: 1.96mg (13.07%), Copper: 0.26mg (12.95%), Iron: 2.19mg (12.14%), Calcium: 54.38mg (5.44%)