

health-score 86%

HEALTH SCORE

Country Catfish

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

14 min.

SERVINGS

servings

4

CALORIES

calories

275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup corn relish
- ☐ 0.7 cup oatmeal cornflakes
- ☐ 2 egg whites lightly beaten
- ☐ 16 ounce farm-raised catfish fillets
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon salt

Equipment

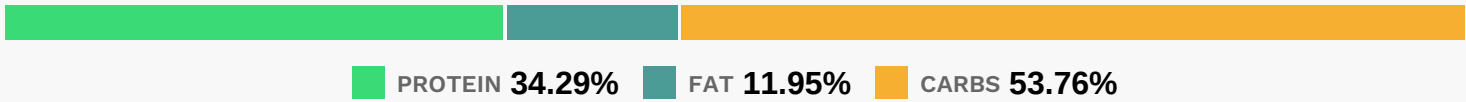
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Line a shallow pan with aluminum foil. Coat with cooking spray.
- ☐ Combine crumbs, salt, and pepper in a small bowl; stir well. Dip fish in beaten egg whites; dredge in crumb mixture.
- ☐ Place fish in pan.
- ☐ Bake at 450 for 8 to 10 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve immediately with corn relish.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:27.24086978578%

Nutrients (% of daily need)

Calories: 275.18kcal (13.76%), Fat: 3.69g (5.68%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 35.58g (12.94%), Sugar: 4.74g (5.27%), Cholesterol: 65.77mg (21.92%), Sodium: 506.69mg (22.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.68%), Vitamin D: 15.59µg (103.96%), Vitamin B12: 4.51µg (75.23%), Iron: 11.85mg (65.81%), Vitamin B1: 0.79mg (52.36%), Vitamin B3: 9.57mg (47.86%), Vitamin B2: 0.76mg (44.65%), Vitamin B6: 0.87mg (43.4%), Folate: 157.27µg (39.32%), Phosphorus: 294.66mg (29.47%), Selenium: 20.61µg (29.44%), Vitamin A: 863.58IU (17.27%), Potassium: 541.17mg (15.46%), Vitamin C: 10.23mg (12.4%), Magnesium: 48.31mg (12.08%), Vitamin B5: 1.14mg (11.39%), Zinc: 1.1mg (7.33%), Fiber: 1.8g (7.19%), Manganese: 0.13mg (6.56%), Copper: 0.13mg (6.5%), Calcium: 19.75mg (1.97%)