



Creole Catfish Dip

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



593 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce catfish fillets
- 12 ounce chili sauce
- 8 ounce cream cheese softened
- 1 teaspoon creole seasoning
- 0.5 cup green onions divided chopped
- 1 tablespoon juice of lemon fresh
- 2 tablespoons mayonnaise
- 2 tablespoons worcestershire sauce

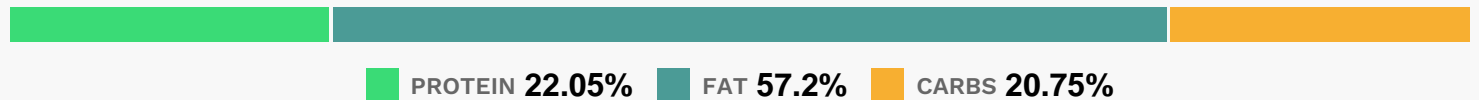
Equipment

- bowl
- frying pan
- hand mixer
- slotted spoon

Directions

- Pour water to a depth of 2 inches into a large skillet; bring to a boil.
- Add fish, and return to a boil. Cover, reduce heat, and simmer 5 to 8 minutes or until fish flakes with a fork.
- Remove from skillet with a slotted spoon; cool slightly. Flake into bite-size pieces.
- Beat cream cheese and next 4 ingredients with an electric mixer until smooth. Stir in 1/4 cup green onions.
- Spread cheese mixture in an 8-inch bowl or cast-iron skillet.
- Spread chili sauce over cheese mixture; top with flaked catfish and remaining onions.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:28.15391304182%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 593.31kcal (29.67%), Fat: 37.75g (58.08%), Saturated Fat: 17.53g (109.59%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 27.45g (9.98%), Sugar: 19.69g (21.88%), Cholesterol: 167.97mg (55.99%), Sodium:

2031.45mg (88.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.74g (65.49%), Vitamin D: 18.92µg (126.12%), Vitamin B12: 3.55µg (59.15%), Vitamin K: 57.85µg (55.09%), Phosphorus: 473.14mg (47.31%), Vitamin A: 2320.88IU (46.42%), Selenium: 27.23µg (38.91%), Potassium: 1217.76mg (34.79%), Vitamin C: 26.25mg (31.82%), Vitamin B1: 0.46mg (30.56%), Vitamin B3: 5mg (24.98%), Vitamin B2: 0.4mg (23.46%), Vitamin E: 3.44mg (22.94%), Vitamin B6: 0.43mg (21.44%), Vitamin B5: 1.62mg (16.23%), Magnesium: 61.4mg (15.35%), Calcium: 143.34mg (14.33%), Fiber: 3.35g (13.4%), Iron: 2.37mg (13.15%), Copper: 0.25mg (12.7%), Folate: 45.88µg (11.47%), Zinc: 1.45mg (9.67%), Manganese: 0.09mg (4.37%)