



Creole Catfish Grill



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon creole seasoning salt-free
- ☐ 24 ounce farm-raised catfish fillets
- ☐ 0.3 cup dressing fat-free italian
- ☐ 0.3 cup juice of lemon fresh 1 large lemon

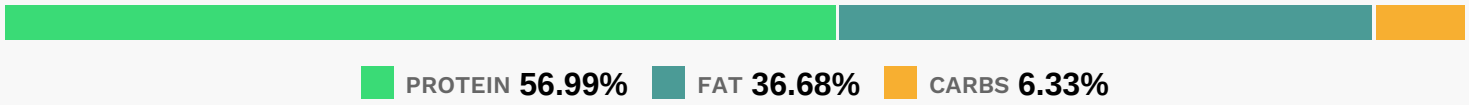
Equipment

- ☐ grill

Directions

- ☐ Combine first 3 ingredients in a shallow dish; place fish in a single layer over dressing mixture, turning to coat fish. Cover and marinate in refrigerator 30 minutes, turning fish once.
- ☐ Remove fish from marinade, discarding marinade. Arrange fish in a large wire grilling basket coated with cooking spray; place basket on grill rack over medium-hot coals (350 to 400). Grill, covered, 8 minutes on each side or until fish flakes easily when tested with a fork. If desired, sprinkle with paprika and serve with lemon slices.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:12.313913173002%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 134.52kcal (6.73%), Fat: 5.35g (8.22%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.35g (1.5%), Cholesterol: 65.77mg (21.92%), Sodium: 146.19mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.38%), Vitamin D: 14.17µg (94.5%), Vitamin B12: 2.53µg (42.15%), Phosphorus: 240.26mg (24.03%), Selenium: 14.52µg (20.75%), Vitamin B1: 0.24mg (16.24%), Potassium: 431.38mg (12.33%), Vitamin B3: 2.21mg (11.07%), Vitamin B5: 0.88mg (8.81%), Vitamin B6: 0.15mg (7.53%), Magnesium: 27.69mg (6.92%), Vitamin C: 5.02mg (6.09%), Vitamin K: 5.75µg (5.48%), Vitamin B2: 0.09mg (5.07%), Zinc: 0.6mg (3.99%), Vitamin A: 199.53IU (3.99%), Folate: 13.73µg (3.43%), Iron: 0.4mg (2.22%), Vitamin E: 0.33mg (2.19%), Copper: 0.04mg (2.16%), Manganese: 0.04mg (1.96%), Calcium: 18.25mg (1.83%)