



Creole Catfish Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds catfish fillets cut into 1 1/2-inch pieces
- ☐ 2 ribs celery cut into 1/2-inch slices
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 2 tablespoons cooking oil
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 cups corn kernels fresh frozen (cut from 3 ears)

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cups baby lima beans frozen (one 10-ounce package)
- ☐ 1 bell pepper green cut into 1/2-inch strips
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 1.8 cups tomatoes in purée thick canned crushed

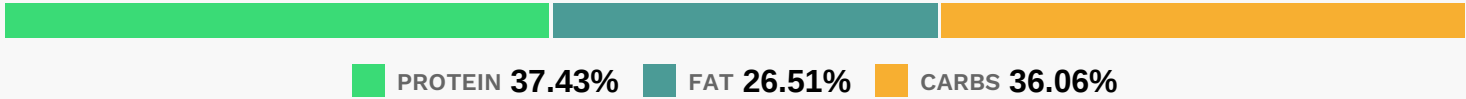
Equipment

- ☐ pot

Directions

- ☐ In a large pot, heat the oil over moderate heat.
- ☐ Add the onion, celery, and bell pepper and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Stir in the thyme, oregano, mustard, Tabasco sauce, pepper, and 1/2 teaspoon of the salt.
- ☐ Add the wine and cook until almost evaporated, about 4 minutes.
- ☐ Add the tomatoes and broth to the pot and bring to a boil. Reduce the heat and simmer, partially covered, for 10 minutes.
- ☐ Add the lima beans and simmer for 3 minutes. Stir in the corn and simmer 4 minutes more.
- ☐ Add the catfish and the remaining 1/2 teaspoon salt, bring back to a simmer, and cook until just done, about 2 minutes.
- ☐ Serve topped with the parsley.
- ☐ Fish Alternatives: Catfish has a firm texture all its own, but you can easily substitute moderately firm, white-fleshed fillets such as rockfish, grouper, pollack, and striped bass.
- ☐ Wine Recommendation: A light white wine, such as a pinot gris from Oregon or a seyval blanc from the eastern United States, will provide a refreshing counterpoint to the full flavor of the stew.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:3.08, Inflammation Score:-9, Nutrition Score:42.425651591757%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 558.5kcal (27.93%), Fat: 16.35g (25.16%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 40g (14.55%), Sugar: 11.92g (13.24%), Cholesterol: 131.54mg (43.85%), Sodium: 959.37mg (41.71%), Alcohol: 3.09g (100%), Alcohol %: 0.5% (100%), Protein: 51.94g (103.87%), Vitamin D: 28.35µg (189%), Vitamin B12: 5.23µg (87.24%), Phosphorus: 739.47mg (73.95%), Vitamin C: 52.82mg (64.02%), Potassium: 2028.54mg (57.96%), Manganese: 1.15mg (57.34%), Vitamin K: 58.19µg (55.42%), Vitamin B1: 0.8mg (53.52%), Vitamin B3: 10.5mg (52.52%), Selenium: 32.17µg (45.96%), Fiber: 10.03g (40.14%), Magnesium: 157.48mg (39.37%), Vitamin B6: 0.78mg (38.8%), Iron: 5.48mg (30.43%), Vitamin B5: 2.84mg (28.45%), Copper: 0.56mg (27.8%), Folate: 110.35µg (27.59%), Vitamin B2: 0.41mg (24.13%), Vitamin A: 1016.5IU (20.33%), Vitamin E: 2.86mg (19.09%), Zinc: 2.68mg (17.87%), Calcium: 138.63mg (13.86%)