



HEALTH SCORE

66%

## Creole Catfish with Tartar Sauce



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 cups percent buttermilk
- ☐ 1 teaspoon cajun spice
- ☐ 2 teaspoons cajun spice
- ☐ 1 pound catfish fillets
- ☐ 1.5 cups cornflake crumbs
- ☐ 1 Dash hot sauce
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise

☐ 1 tablespoon relish sweet

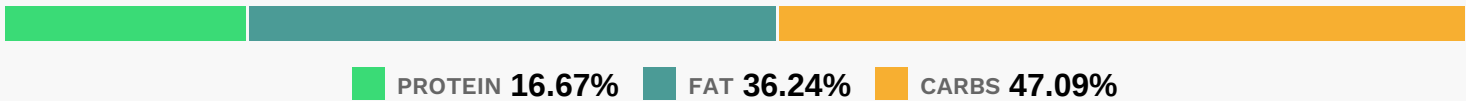
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a small bowl stir together all ingredients. Refrigerate until ready to use.
- ☐ Preheat oven to 350 degrees F. Lightly spray baking sheet with olive oil cooking spray; set aside.
- ☐ Cut catfish into 4-ounce serving portions.
- ☐ Place in a large zip-top bag; set aside.
- ☐ In a small bowl stir together buttermilk and Cajun seasoning.
- ☐ Pour into zip-top bag over fish. Squeeze out air and seal. Marinate in refrigerator for 30 minutes.
- ☐ Spread cornflake crumbs in a pie plate or shallow bowl.
- ☐ Remove fish from bag, shaking off any excess buttermilk. Coat catfish with crumbs and place on prepared baking sheet.
- ☐ Serve fish hot with tartar sauce.
- ☐ Lightly spray with cooking oil and bake for 15 minutes.
- ☐ For Creole tartar sauce:In a small bowl stir together all ingredients. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:1.48, Inflammation Score:-10, Nutrition Score:47.113478245942%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 678.58kcal (33.93%), Fat: 27.69g (42.6%), Saturated Fat: 5.94g (37.14%), Carbohydrates: 80.94g (26.98%), Net Carbohydrates: 77.43g (28.16%), Sugar: 13.17g (14.63%), Cholesterol: 87.43mg (29.14%), Sodium: 1010.44mg (43.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.66g (57.32%), Iron: 26.43mg (146.84%), Vitamin D: 18.59µg (123.96%), Vitamin B12: 7.41µg (123.54%), Vitamin B1: 1.48mg (98.59%), Vitamin B2: 1.61mg (94.73%), Vitamin B3: 18.3mg (91.48%), Vitamin B6: 1.79mg (89.38%), Folate: 335µg (83.75%), Vitamin A: 2553.14IU (51.06%), Vitamin K: 47.12µg (44.87%), Phosphorus: 416.19mg (41.62%), Selenium: 25.72µg (36.75%), Vitamin C: 19.98mg (24.22%), Potassium: 720.56mg (20.59%), Magnesium: 73.42mg (18.36%), Vitamin B5: 1.5mg (15%), Fiber: 3.51g (14.05%), Calcium: 129.75mg (12.98%), Zinc: 1.92mg (12.82%), Copper: 0.26mg (12.8%), Manganese: 0.21mg (10.38%), Vitamin E: 1.53mg (10.18%)