



Creole Catfish with Vidalia-Olive Relish

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon thyme leaves dried divided
- 24 ounce farm-raised catfish fillets
- 0.3 teaspoon garlic powder
- 2 tablespoons olives green pitted chopped
- 0.1 teaspoon ground pepper red
- 2 tablespoons kalamata olives pitted chopped
- 2 teaspoons olive oil divided
- 1 tablespoon paprika

- 0.3 cup bell pepper red chopped
- 0.3 teaspoon salt
- 1 cup vidalia sweet chopped
- 2 tablespoons water

Equipment

- bowl
- frying pan
- grill

Directions

- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 5 minutes. Spoon onion into a bowl.
- Add bell pepper, olives, water, and 1 teaspoon thyme; stir well. Cover and refrigerate at least 2 hours.
- Prepare grill.
- Combine 1 teaspoon olive oil, 2 teaspoons dried thyme, paprika, salt, garlic powder, and ground red pepper. Rub paprika mixture over both sides of fillets.
- Place fillets on a grill rack coated with cooking spray; grill 5 minutes on each side or until fish flakes easily when tested with a fork.
- Serve with relish.

Nutrition Facts



PROTEIN 53.76% **FAT 35.34%** **CARBS 10.9%**

Properties

Glycemic Index:21, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:21.373043620068%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 215.41kcal (10.77%), Fat: 8.4g (12.93%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 3.93g (1.43%), Sugar: 2.78g (3.09%), Cholesterol: 98.66mg (32.89%), Sodium: 349.27mg (15.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.53%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.79µg (63.22%), Phosphorus: 378.32mg (37.83%), Selenium: 21.92µg (31.32%), Vitamin A: 1431.61IU (28.63%), Vitamin B1: 0.39mg (26.26%), Vitamin C: 19.57mg (23.72%), Potassium: 737.69mg (21.08%), Vitamin K: 20.65µg (19.66%), Vitamin B3: 3.67mg (18.35%), Vitamin B6: 0.34mg (16.78%), Vitamin B5: 1.43mg (14.27%), Iron: 2.34mg (13%), Magnesium: 50.73mg (12.68%), Vitamin B2: 0.17mg (9.88%), Manganese: 0.2mg (9.84%), Vitamin E: 1.4mg (9.34%), Folate: 35.91µg (8.98%), Fiber: 1.9g (7.6%), Zinc: 1.1mg (7.33%), Calcium: 60.33mg (6.03%), Copper: 0.12mg (5.78%)