



Crisp-Crusted Catfish

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large egg whites
- ☐ 24 ounce farm-raised catfish fillets
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 4 lemon wedges
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 tablespoons ranch dressing light
- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons cornmeal yellow

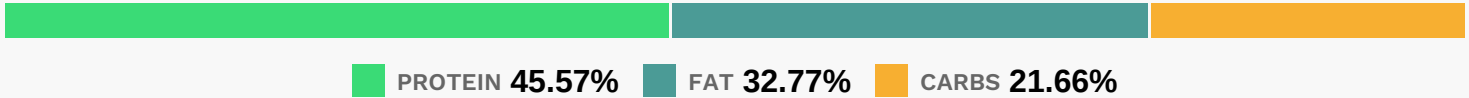
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Combine the dressing and egg whites in a small bowl, and stir well with a whisk.
- ☐ Combine the cornmeal, cheese, flour, pepper, and salt in a shallow dish. Dip fish in egg white mixture; dredge in cornmeal mixture.
- ☐ Place fish on a baking sheet coated with cooking spray; bake at 425 for 12 minutes on each side or until lightly browned and fish flakes easily when tested with a fork.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:8.97, Inflammation Score:-5, Nutrition Score:20.636956474055%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 307.07kcal (15.35%), Fat: 10.99g (16.9%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 14.29g (5.2%), Sugar: 1.23g (1.37%), Cholesterol: 105.43mg (35.14%), Sodium: 355.39mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.74%), Vitamin D: 21.31µg (142.03%), Vitamin B12: 3.91µg (65.1%), Phosphorus: 462.16mg (46.22%), Selenium: 28.84µg (41.21%), Vitamin B1: 0.44mg (29.59%),

Potassium: 726.85mg (20.77%), Vitamin B3: 3.91mg (19.53%), Magnesium: 62.94mg (15.73%), Vitamin B6: 0.31mg (15.72%), Vitamin B5: 1.56mg (15.64%), Vitamin B2: 0.26mg (15.42%), Vitamin C: 10.83mg (13.12%), Calcium: 117.36mg (11.74%), Zinc: 1.59mg (10.57%), Vitamin K: 10.31µg (9.82%), Manganese: 0.18mg (8.94%), Fiber: 2.05g (8.2%), Folate: 32.54µg (8.14%), Iron: 1.35mg (7.47%), Copper: 0.11mg (5.71%), Vitamin A: 199.22IU (3.98%), Vitamin E: 0.3mg (2.03%)