



Crisp Lemon-Pepper Catfish

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce catfish fillets boneless skinless
- 2 tablespoons flour all-purpose
- 2 teaspoons juice of lemon fresh
- 2 teaspoons lemon pepper seasoning
- 0.5 cup panko breadcrumbs (Japanese)
- 0.3 teaspoon salt

Equipment

- baking sheet

aluminum foil

broiler

Directions

Preheat the broiler.

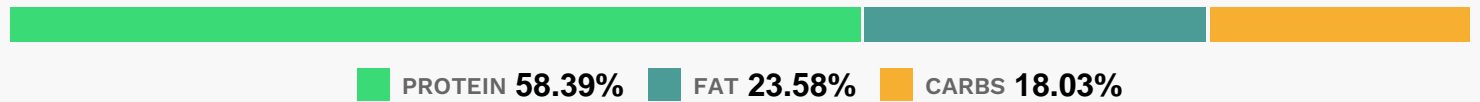
Cover a baking sheet with foil; coat with cooking spray. Set aside.

Coat both sides of fish with cooking spray; drizzle with lemon juice.

Combine breadcrumbs, flour, seasoning, and salt in a shallow dish. Dredge fish in breadcrumb mixture.

Place fish on prepared baking sheet; broil 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:2.19, Inflammation Score:-3, Nutrition Score:17.569565074599%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 207.93kcal (10.4%), Fat: 5.27g (8.11%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.37g (3.04%), Sugar: 0.54g (0.61%), Cholesterol: 98.66mg (32.89%), Sodium: 273.68mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.36g (58.73%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.82µg (63.66%), Phosphorus: 373.71mg (37.37%), Selenium: 24.65µg (35.21%), Vitamin B1: 0.46mg (30.72%), Vitamin B3: 3.98mg (19.88%), Potassium: 643.56mg (18.39%), Vitamin B5: 1.38mg (13.76%), Manganese: 0.27mg (13.26%), Magnesium: 45.04mg (11.26%), Vitamin B6: 0.21mg (10.6%), Vitamin B2: 0.17mg (10.2%), Folate: 32.57µg (8.14%), Zinc: 1.02mg (6.77%), Iron: 1.15mg (6.37%), Copper: 0.1mg (4.81%), Calcium: 42.77mg (4.28%), Fiber: 0.7g (2.8%), Vitamin C: 2.16mg (2.62%), Vitamin K: 2.14µg (2.04%), Vitamin A: 90.67IU (1.81%)