



Crispy Cheese-Baked Catfish

 Gluten Free

READY IN



29 min.

SERVINGS



4

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 corn flakes cereal crushed
- ☐ 1 tablespoon dijon mustard
- ☐ 16 ounce farm-raised catfish fillets
- ☐ 0.1 teaspoon ground pepper
- ☐ 1 ounce sharp cheddar cheese shredded reduced-fat finely

Equipment

- ☐ bowl
- ☐ baking sheet

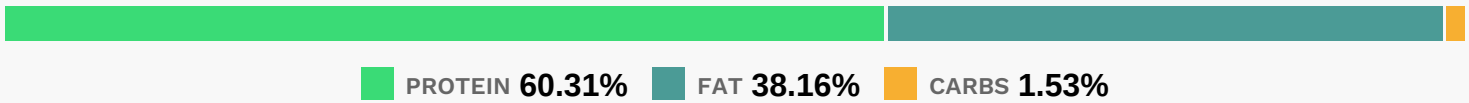
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 oven

Directions

- ☐ Combine first 3 ingredients in a small bowl, stirring well.
- ☐ Spread 1 teaspoon mustard on top of each fish fillet; dredge mustard-coated side of each fillet in crumb mixture.
- ☐ Place fish, coated sides up, on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 15 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:12.587826096493%

Nutrients (% of daily need)

Calories: 139.54kcal (6.98%), Fat: 5.74g (8.83%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.09g (0.1%), Cholesterol: 72.86mg (24.29%), Sodium: 137.29mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.8%), Vitamin D: 14.22µg (94.81%), Vitamin B12: 2.61µg (43.5%), Phosphorus: 273.74mg (27.37%), Selenium: 17.58µg (25.12%), Vitamin B1: 0.25mg (16.6%), Potassium: 418.09mg (11.95%), Vitamin B3: 2.21mg (11.05%), Vitamin B5: 0.91mg (9.09%), Magnesium: 29.95mg (7.49%), Vitamin B6: 0.14mg (7.07%), Vitamin B2: 0.12mg (6.91%), Calcium: 68.63mg (6.86%), Zinc: 0.86mg (5.76%), Folate: 13.55µg (3.39%), Vitamin A: 132.95IU (2.66%), Manganese: 0.05mg (2.64%), Iron: 0.45mg (2.52%), Copper: 0.04mg (2.24%), Vitamin C: 0.83mg (1.01%)