



Crispy Oven-Fried Catfish

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce catfish fillets
- ☐ 3 cups cornflakes cereal crushed
- ☐ 2.5 teaspoons creole seasoning salt-free
- ☐ 4 servings lemon wedges
- ☐ 1 cup buttermilk low-fat
- ☐ 0.5 teaspoon salt

Equipment

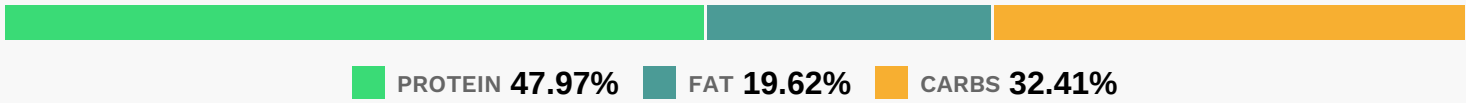
- ☐ oven

☐ roasting pan

Directions

- ☐ Place 1 cup low-fat buttermilk in a large zip-top plastic freezer bag; add 4 (6-ounce) catfish fillets, turning to coat. Seal and chill 20 minutes, turning once.
- ☐ Remove catfish fillets from buttermilk, discarding buttermilk.
- ☐ Sprinkle catfish fillets evenly with 2 1/2 teaspoons salt-free Creole seasoning and 1/2 teaspoon salt.
- ☐ Place 3 cups crushed cornflakes in a shallow dish. Dredge catfish fillets in cornflakes, pressing cornflakes gently onto each fillet.
- ☐ Place fillets on a rack coated with cooking spray in a roasting pan.
- ☐ Bake catfish fillets at 425 for 30 to 35 minutes or until fish flakes with a fork.
- ☐ Serve catfish fillets immediately with lemon wedges.
- ☐ Note: For testing purposes only, we used The Spice Hunter Cajun Creole Seasoning Salt Free.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:25.396087003791%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 264.83kcal (13.24%), Fat: 5.74g (8.83%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 20.28g (7.37%), Sugar: 5.02g (5.58%), Cholesterol: 101.06mg (33.69%), Sodium: 606.11mg (26.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.58g (63.17%), Vitamin D: 22.02µg (146.79%), Vitamin B12: 4.98µg (82.92%), Vitamin B1: 0.66mg (44.23%), Phosphorus: 434.15mg (43.41%), Iron: 6.72mg (37.31%), Vitamin B3: 7.15mg (35.74%), Selenium: 24.49µg (34.99%), Vitamin B2: 0.55mg (32.1%), Vitamin B6: 0.63mg (31.25%), Folate: 96.41µg (24.1%), Potassium: 761.44mg (21.76%), Vitamin A: 1008.65IU (20.17%), Vitamin B5: 1.52mg (15.16%), Magnesium: 55.9mg (13.97%), Calcium: 96.75mg (9.68%), Vitamin C: 7.69mg (9.32%), Zinc: 1.36mg

(9.08%), Copper: 0.11mg (5.56%), Manganese: 0.11mg (5.25%), Fiber: 1.06g (4.24%), Vitamin E: 0.43mg (2.86%),
Vitamin K: 1.06µg (1.01%)