



Crispy Oven-Fried Catfish

 Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz catfish fillets
- ☐ 3 cups cornflakes cereal crushed
- ☐ 1.5 tsp creole seasoning
- ☐ 4 servings lemon wedges
- ☐ 1 cup buttermilk low-fat

Equipment

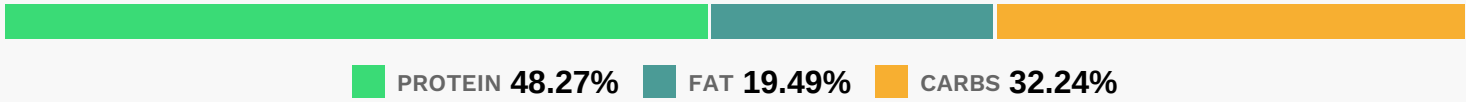
- ☐ oven
- ☐ wire rack

☐ roasting pan

Directions

- ☐ Place buttermilk in a large zip-top plastic freezer bag; add catfish, turning to coat. Seal and chill 20 minutes, turning once.
- ☐ Preheat oven to 42
- ☐ Remove fish from buttermilk, discarding buttermilk.
- ☐ Sprinkle fish with Creole seasoning.
- ☐ Place crushed cornflakes in a shallow dish.
- ☐ Dredge fish in cornflakes, pressing cornflakes gently onto each fillet.
- ☐ Place fish on a wire rack coated with cooking spray in a roasting pan.
- ☐ Bake at 425 for 30 to 35 minutes or until fish flakes with a fork.
- ☐ Serve immediately with lemon wedges.
- ☐ Note: We tested with Tony Chachere's Original Creole Seasoning.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:24.977825900783%

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: 263.24kcal (13.16%), Fat: 5.66g (8.7%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 20.13g (7.32%), Sugar: 4.97g (5.52%), Cholesterol: 101.06mg (33.69%), Sodium: 315.28mg (13.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.05%), Vitamin D: 22.02µg (146.79%), Vitamin B12: 4.98µg (82.92%), Vitamin B1: 0.66mg (44.12%), Phosphorus: 432.68mg (43.27%), Iron: 6.67mg (37.08%), Vitamin B3: 7.1mg (35.52%), Selenium: 24.45µg (34.92%), Vitamin B2: 0.54mg (31.83%), Vitamin B6: 0.61mg (30.64%), Folate: 95.88µg (23.97%), Potassium: 751.31mg (21.47%), Vitamin A: 800.6IU (16.01%), Vitamin B5: 1.52mg (15.16%),

Magnesium: 55.13mg (13.78%), Calcium: 95.83mg (9.58%), Zinc: 1.35mg (8.99%), Vitamin C: 7.3mg (8.85%), Copper: 0.11mg (5.46%), Manganese: 0.09mg (4.72%), Fiber: 0.93g (3.7%), Vitamin E: 0.28mg (1.87%)