



Cumin-Dusted Catfish Sandwiches

 Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz catfish fillets
- ☐ 1 tsp chipotle chiles in adobo sauce canned minced
- ☐ 0.3 cup self-rising cornmeal
- ☐ 2 teaspoons ground cumin
- ☐ 1 cup mayonnaise
- ☐ 3 tablespoons orange juice
- ☐ 1.5 teaspoons salt divided
- ☐ 4 buns whole-wheat split toasted

☐

1 slices tomato lettuce shredded

Equipment

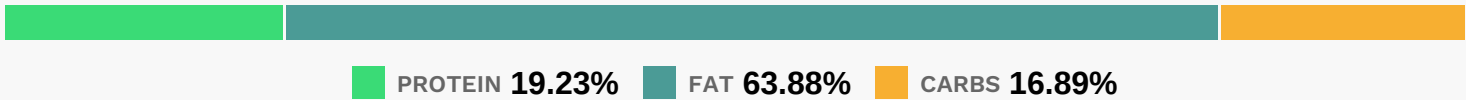
☐

grill

Directions

- ☐ Stir together first 3 ingredients and 1/2 tsp. salt. Set aside.
- ☐ Combine cornmeal, cumin, and remaining 1 tsp. salt. Rinse fish, and dredge in cornmeal mixture. Spray fish evenly with cooking spray.
- ☐ Grill fish, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 4 minutes on each side or just until fish begins to flake with a fork.
- ☐ Serve on buns with mayonnaise mixture, tomato slices, and shredded lettuce.

Nutrition Facts



Properties

Glycemic Index:53.38, Glycemic Load:5.24, Inflammation Score:-6, Nutrition Score:28.40347835292%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 710.44kcal (35.52%), Fat: 50.23g (77.28%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 26.89g (9.78%), Sugar: 4.64g (5.16%), Cholesterol: 122.18mg (40.73%), Sodium: 1509.45mg (65.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.03g (68.05%), Vitamin D: 21.37µg (142.49%), Vitamin K: 93.29µg (88.85%), Vitamin B12: 3.86µg (64.41%), Selenium: 37.69µg (53.85%), Phosphorus: 453.3mg (45.33%), Vitamin B1: 0.62mg (41.41%), Manganese: 0.61mg (30.6%), Vitamin B3: 5.64mg (28.19%), Potassium: 783.7mg (22.39%), Folate: 78.08µg (19.52%), Iron: 3.45mg (19.15%), Magnesium: 75.94mg (18.99%), Vitamin B5: 1.71mg (17.08%), Vitamin B2: 0.29mg (17.07%), Vitamin B6: 0.32mg (15.83%), Vitamin E: 1.98mg (13.2%), Zinc: 1.8mg (12%), Fiber: 2.98g (11.92%), Copper: 0.21mg (10.43%), Vitamin C: 8.57mg (10.38%), Calcium: 83.57mg (8.36%),

Vitamin A: 215.94IU (4.32%)