



Florida Catfish Stew

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 3 tablespoons cajun spice
- ☐ 1 cup carrots diced
- ☐ 1 pound catfish pieces
- ☐ 1 cup celery diced
- ☐ 2 quarts fish stock
- ☐ 1 cup flour all-purpose
- ☐ 1 pint grape tomatoes

- ☐ 1 cup onions diced
- ☐ 10 servings salt and pepper black freshly ground
- ☐ 1 pound shucked oysters 6 dozen oysters in shell
- ☐ 0.8 cup vegetable oil divided

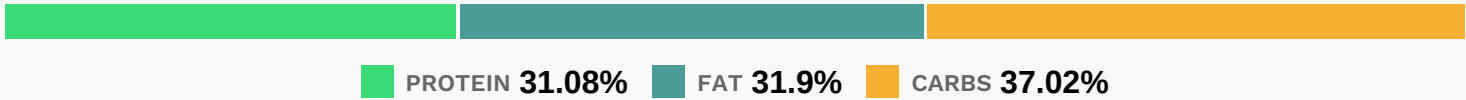
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot (8-quart capacity) heat 1/4 cup of the oil.
- ☐ Saute onions, celery, and carrots for about 5 minutes until onions become translucent and celery and carrots begin to soften.
- ☐ Add broth and bring to a simmer.
- ☐ Add fish, oysters, Cajun seasoning, tomatoes, bay leaves, and salt and pepper, and cook until fish becomes opaque. In a separate bowl, mix the other 1/2 cup of oil with the flour, and stir this mixture gently into the stew to thicken. Cook for a few minutes more to integrate flavors.

Nutrition Facts



Properties

Glycemic Index:26.58, Glycemic Load:8.24, Inflammation Score:-10, Nutrition Score:17.167826092761%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 177.94kcal (8.9%), Fat: 6.32g (9.72%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 14.04g (5.1%), Sugar: 3.11g (3.46%), Cholesterol: 28.12mg (9.37%), Sodium: 646.86mg (28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.71%), Vitamin A: 3647.18IU (72.94%), Vitamin D: 5.67µg (37.8%), Vitamin B12: 1.6µg (26.63%), Vitamin B3: 4.91mg (24.54%), Phosphorus: 199.17mg (19.92%), Selenium: 12.44µg (17.77%), Potassium: 597.7mg (17.08%), Zinc: 2.54mg (16.9%), Vitamin K: 16.78µg (15.98%), Copper: 0.32mg (15.98%), Vitamin B1: 0.24mg (15.78%), Folate: 52.6µg (13.15%), Manganese: 0.26mg (13.09%), Vitamin B2: 0.21mg (12.23%), Iron: 2.01mg (11.17%), Vitamin C: 9.09mg (11.01%), Vitamin E: 1.58mg (10.53%), Vitamin B6: 0.21mg (10.32%), Fiber: 2.46g (9.85%), Calcium: 89.86mg (8.99%), Magnesium: 29.29mg (7.32%), Vitamin B5: 0.59mg (5.88%)