



## Green Chile Broiled Catfish

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



6

CALORIES



140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 oz chiles green chopped canned
- 0.3 teaspoon ground cumin
- 0.1 tsp hot sauce
- 2 tablespoons catsup
- 1 tablespoon juice of lime fresh
- 1 teaspoon lime rind grated
- 1 tablespoon olive oil extra-virgin
- 0.3 teaspoon pepper freshly ground

- 1 teaspoon salt
- 24 oz tilapia fillets

## Equipment

- wire rack
- aluminum foil
- broiler pan

## Directions

- Sprinkle fillets evenly with salt and pepper. Arrange fillets on a lightly greased wire rack in an aluminum foil-lined broiler pan.
- Stir together green chiles, ketchup, and next 5 ingredients. Spoon half of mixture evenly over fillets, reserving remaining half.
- Broil 7 to 8 inches from heat 18 minutes or until fish flakes with a fork. (Do not overcook.)
- Serve fish with reserved green chile mixture.

## Nutrition Facts

**PROTEIN 65.07%** **FAT 27.64%** **CARBS 7.29%**

## Properties

Glycemic Index:11.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:11.150434815365%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 139.77kcal (6.99%), Fat: 4.34g (6.68%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.12g (1.24%), Cholesterol: 56.7mg (18.9%), Sodium: 569.83mg (24.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23g (45.99%), Selenium: 47.51µg (67.86%), Vitamin B12: 1.79µg (29.86%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.63mg (23.13%), Phosphorus: 197.12mg (19.71%), Potassium: 383.98mg (10.97%), Vitamin B6: 0.22mg (10.81%), Folate: 38.18µg (9.54%), Vitamin C: 7.6mg (9.21%), Magnesium: 32.71mg (8.18%), Vitamin E: 0.87mg (5.82%), Vitamin B5: 0.58mg (5.76%), Iron: 0.99mg (5.49%), Vitamin B2:

0.09mg (5.08%), Copper: 0.09mg (4.62%), Vitamin B1: 0.05mg (3.35%), Vitamin K: 3.3µg (3.15%), Manganese:  
0.06mg (3.09%), Zinc: 0.41mg (2.72%), Calcium: 20.77mg (2.08%), Fiber: 0.39g (1.54%), Vitamin A: 52.56IU (1.05%)