



Grilled Catfish with Olive Tomato Relish

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce u.s. farm-raised catfish fillets
- ☐ 2 tablespoons feta crumbled
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1.5 cups kalamata olives chopped
- ☐ 1.5 teaspoons lemon zest
- ☐ 0.5 cup oil-packed sun-dried tomatoes drained chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 servings salt and pepper freshly ground

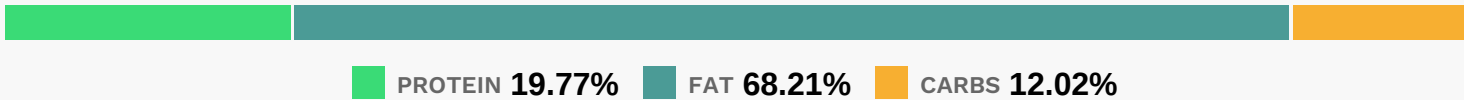
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler

Directions

- ☐ Heat a grill to medium-high and spray with cooking spray. (If you don't have a grill, you can use the broiler.)
- ☐ Sprinkle the fish with salt and pepper.
- ☐ In a medium bowl, combine the olives, tomatoes, olive oil, parsley and lemon zest.
- ☐ Grill the fish until it flakes easily when tested with a fork, about 4 minutes per side. Divide the fish between the plates, top with the olive relish and sprinkle with the feta.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:3.79, Inflammation Score:-7, Nutrition Score:28.265217397524%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 652.29kcal (32.61%), Fat: 51.09g (78.6%), Saturated Fat: 9.56g (59.77%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 13.31g (4.84%), Sugar: 10.97g (12.18%), Cholesterol: 108.68mg (36.23%), Sodium: 2164.84mg (94.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.32g (66.64%), Vitamin B12: 5.19µg (86.43%), Vitamin K: 62.56µg (59.58%), Vitamin E: 8.31mg (55.41%), Phosphorus: 507.58mg (50.76%), Potassium: 1523.74mg (43.54%), Vitamin B3: 6.51mg (32.55%), Copper: 0.58mg (28.82%), Fiber: 6.95g (27.79%), Manganese: 0.54mg (27.08%), Selenium: 18.93µg (27.05%), Magnesium: 101.27mg (25.32%), Vitamin B2: 0.43mg (25.26%), Vitamin B6: 0.46mg (23.05%), Iron: 3.75mg (20.85%), Vitamin B5: 1.91mg (19.14%), Vitamin C: 15.38mg (18.64%), Calcium: 185.42mg (18.54%), Vitamin A: 880.93IU (17.62%), Vitamin B1: 0.23mg (15.29%), Zinc: 1.92mg (12.8%), Folate: 47.42µg

(11.86%), Vitamin D: 0.41µg (2.72%)