



 **53%**
HEALTH SCORE

Herbed Catfish Fillets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chicken-flavored bouillon granules
- 1 teaspoon onion flakes dried
- 0.5 cup breadcrumbs dry fine
- 24 ounce farm-raised catfish fillets
- 0.3 cup flour all-purpose
- 1.5 teaspoons dillweed fresh chopped
- 1 tablespoon parsley fresh chopped
- 1.5 teaspoons thyme leaves fresh chopped

0.3 teaspoon garlic powder

1 teaspoon paprika

Equipment

oven

broiler pan

Directions

Preheat oven to 40

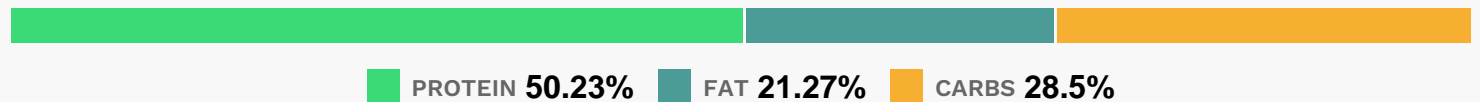
Combine first 9 ingredients. Coat fish with cooking spray; dredge in breadcrumb mixture.

Place fish on rack of a broiler pan coated with cooking spray.

Bake at 400 for 20 minutes or until fish flakes easily when tested with a fork.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:4.38, Inflammation Score:-8, Nutrition Score:20.514782661977%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 253.49kcal (12.67%), Fat: 5.82g (8.95%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 16.28g (5.92%), Sugar: 1.56g (1.73%), Cholesterol: 98.79mg (32.93%), Sodium: 412.23mg (17.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.85%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.84µg (64.06%), Selenium: 27.9µg (39.86%), Phosphorus: 395.36mg (39.54%), Vitamin B1: 0.56mg (37.33%), Vitamin B3: 4.72mg (23.58%), Potassium: 690.86mg (19.74%), Vitamin K: 17.76µg (16.92%), Vitamin B5: 1.45mg (14.54%), Vitamin B2: 0.23mg (13.65%), Manganese: 0.26mg (13.16%), Magnesium: 51.09mg (12.77%), Vitamin B6:

0.26mg (12.76%), Folate: 50.36µg (12.59%), Iron: 1.87mg (10.37%), Vitamin A: 454.33IU (9.09%), Zinc: 1.19mg (7.96%), Calcium: 60.52mg (6.05%), Copper: 0.12mg (5.95%), Vitamin C: 4.7mg (5.69%), Fiber: 1.26g (5.05%), Vitamin E: 0.18mg (1.18%)