



## Layered Catfish Dip

READY IN



20 min.

SERVINGS



15

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 ounce catfish fillets
- 1 cup chili sauce
- 15 servings round buttery crackers assorted
- 3 ounce cream cheese softened
- 8 ounce cream cheese softened
- 0.1 teaspoon garlic salt
- 15 servings garnish: lemon fresh
- 1 tablespoon juice of lemon
- 2 tablespoons mayonnaise

- 0.3 cup onion chopped
- 3 cups water
- 2 tablespoons worcestershire sauce

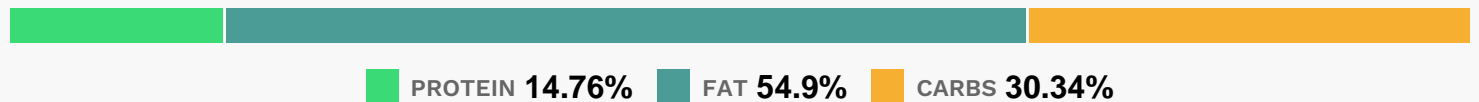
## Equipment

- frying pan

## Directions

- Bring 3 cups water to a boil in a large skillet; add catfish, and return to a boil. Cover, reduce heat, and simmer 5 minutes or until fish flakes easily with a fork.
- Remove from skillet; drain well, and cool slightly. Flake fish with a fork.
- Stir together cream cheese and next 4 ingredients until blended. Stir in onion.
- Spread cream cheese mixture in a shallow dish.
- Add chili sauce, and top with pieces of fish.
- Garnish, if desired.
- Serve with crackers.

## Nutrition Facts



## Properties

Glycemic Index:10.43, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:7.7830434260161%

## Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 215.07kcal (10.75%), Fat: 13.2g (20.3%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 15.35g (5.58%), Sugar: 5.09g (5.66%), Cholesterol: 39.32mg (13.11%), Sodium: 526.64mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin D: 3.78µg (25.22%), Phosphorus: 142.57mg (14.26%), Vitamin B12: 0.72µg (12.04%), Vitamin K: 12.46µg (11.87%), Vitamin B1: 0.16mg (10.79%), Selenium: 6.64µg (9.48%), Vitamin C: 7.78mg (9.43%), Vitamin B3: 1.7mg (8.48%), Vitamin A: 422.76IU (8.46%), Vitamin E: 1.16mg (7.75%), Vitamin B2: 0.13mg (7.68%), Potassium: 256.47mg (7.33%), Iron: 1.15mg (6.38%), Calcium: 59.38mg (5.94%), Manganese: 0.1mg (5.16%), Folate: 19.97µg (4.99%), Vitamin B6: 0.1mg (4.8%), Vitamin B5: 0.43mg (4.31%), Fiber: 1.06g (4.26%), Magnesium: 15.81mg (3.95%), Copper: 0.07mg (3.71%), Zinc: 0.41mg (2.72%)