



HEALTH SCORE

51%

Light-and-Crispy Catfish



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz catfish fillets
- ☐ 1 tablespoon paprika
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup cornmeal yellow

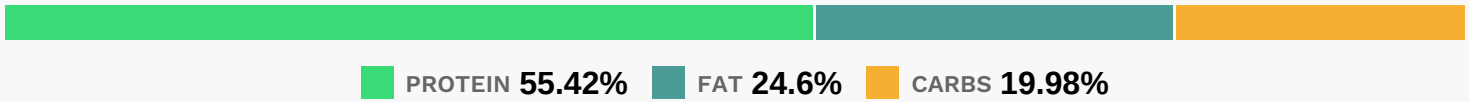
Equipment

- ☐ frying pan

Directions

☐ Sprinkle catfish fillets evenly with desired amount of salt and pepper. Stir together yellow cornmeal and paprika in a shallow dish. Dredge catfish fillets in cornmeal mixture; coat fillets on each side lightly with vegetable cooking spray. Cook in a hot skillet over medium heat 3 to 4 minutes on each side or until fish begins to flake and is opaque throughout.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:5.81, Inflammation Score:-7, Nutrition Score:18.398695785066%

Nutrients (% of daily need)

Calories: 217.41kcal (10.87%), Fat: 5.8g (8.93%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 8.75g (3.18%), Sugar: 0.39g (0.43%), Cholesterol: 98.66mg (32.89%), Sodium: 268.65mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.83%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.79µg (63.22%), Phosphorus: 390.81mg (39.08%), Selenium: 22.34µg (31.91%), Vitamin B1: 0.4mg (26.85%), Potassium: 691.55mg (19.76%), Vitamin A: 946.99IU (18.94%), Vitamin B3: 3.75mg (18.74%), Vitamin B6: 0.31mg (15.65%), Vitamin B5: 1.42mg (14.24%), Magnesium: 56.42mg (14.1%), Vitamin B2: 0.16mg (9.2%), Zinc: 1.35mg (9.03%), Manganese: 0.16mg (7.79%), Fiber: 1.86g (7.43%), Iron: 1.28mg (7.1%), Folate: 22.37µg (5.59%), Copper: 0.1mg (5.13%), Vitamin E: 0.56mg (3.72%), Calcium: 28.74mg (2.87%), Vitamin C: 1.21mg (1.46%), Vitamin K: 1.43µg (1.36%)