



Lime-Orange Catfish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce catfish fillets
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 garlic clove pressed
- ☐ 1 slices garnishes: lime and orange and parsley sprigs fresh
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon paprika

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar

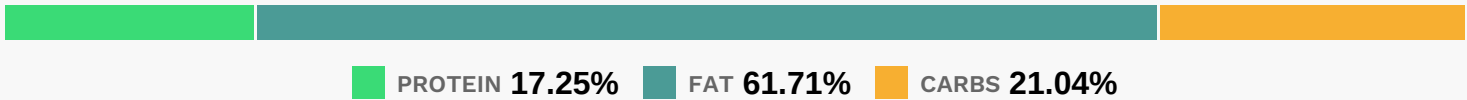
Equipment

- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Whisk together first 8 ingredients; gradually whisk in olive oil until well blended.
- ☐ Remove half of juice mixture, and set aside.
- ☐ Place catfish in a shallow dish or heavy-duty zip-top plastic bag; pour remaining marinade over catfish. Cover or seal bag, and chill 15 minutes, turning catfish once.
- ☐ Remove catfish from marinade, discarding marinade.Coat grill rack with cooking spray; place on grill over medium-high heat (350 to 400).
- ☐ Place catfish on rack, and grill 5 minutes on each side or until done.
- ☐ Remove to a serving platter; drizzle with reserved marinade.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.52, Glycemic Load:1.75, Inflammation Score:-2, Nutrition Score:3.4817391348922%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 75.68kcal (3.78%), Fat: 5.33g (8.2%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.71g (3.01%), Cholesterol: 10.96mg (3.65%), Sodium: 105.73mg (4.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin D: 2.36µg (15.75%), Vitamin C: 10.56mg (12.79%), Vitamin B12: 0.42µg (7.02%), Vitamin E: 0.76mg (5.07%), Phosphorus: 46.26mg (4.63%), Selenium: 2.85µg (4.07%), Vitamin B1: 0.06mg (3.86%), Potassium: 116.44mg (3.33%), Vitamin K: 3.18µg (3.03%), Vitamin A: 125.27IU (2.51%), Vitamin B3: 0.46mg (2.31%), Vitamin B6: 0.04mg (2.12%), Magnesium: 7.92mg (1.98%), Vitamin B5: 0.2mg (1.95%), Folate: 7.51µg (1.88%), Manganese: 0.03mg (1.73%), Vitamin B2: 0.02mg (1.35%), Iron: 0.2mg (1.08%), Copper: 0.02mg (1.05%)