



Not Lackin' on the Blackenin' Catfish

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 24 ounce catfish fillets
- ☐ 1 teaspoon cayenne
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 teaspoons garlic powder

- ☐ 1 teaspoon ground cumin
- ☐ 4 lemon wedges
- ☐ 2 tablespoons paprika
- ☐ 2 teaspoons sea salt

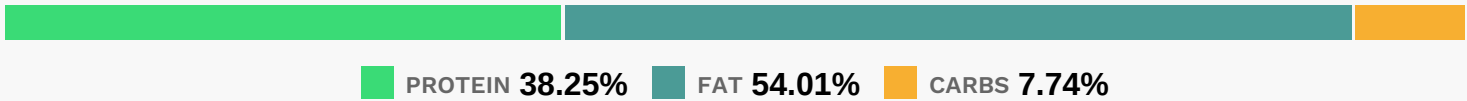
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ On a plate, mix together the paprika, cayenne, thyme, chili powder, garlic powder, cumin, salt and pepper for the blackened spice mixture. Dredge the catfish fillets in the spice mixture and set aside.
- ☐ Heat a large cast iron fry pan or saute pan over high heat until it is "white hot".
- ☐ Add oil to pan. When oil begins to slightly smoke, add catfish fillets and cook on each side, about 2 to 3 minutes. Cook in batches, if necessary, and transfer cooked fillets to a preheated 200 degree F oven while cooking remaining fillets.
- ☐ To serve, top each fillet with 1/2 tablespoon of butter and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:22.135217397109%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 300.54kcal (15.03%), Fat: 18.29g (28.14%), Saturated Fat: 5.48g (34.23%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 3.45g (1.26%), Sugar: 0.96g (1.07%), Cholesterol: 113.71mg (37.9%), Sodium: 1293.96mg (56.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.31%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.81µg (63.42%), Vitamin A: 2362.71IU (47.25%), Phosphorus: 384.02mg (38.4%), Selenium: 22.36µg (31.95%), Vitamin B1: 0.39mg (26.05%), Potassium: 770.84mg (22.02%), Vitamin B3: 3.77mg (18.86%), Vitamin E: 2.82mg (18.82%), Vitamin B6: 0.34mg (16.97%), Vitamin B5: 1.45mg (14.54%), Vitamin C: 11.33mg (13.73%), Vitamin K: 14.36µg (13.68%), Magnesium: 52.86mg (13.21%), Iron: 2.27mg (12.61%), Manganese: 0.24mg (11.99%), Vitamin B2: 0.19mg (10.97%), Fiber: 2.44g (9.77%), Zinc: 1.16mg (7.76%), Copper: 0.12mg (5.92%), Folate: 23.11µg (5.78%), Calcium: 54.08mg (5.41%)