



Open-faced Chili-Seared Catfish Sandwich with Maque Choux

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce catfish fillets
- ☐ 2 tablespoons chili powder
- ☐ 4.5 inch bread french toasted
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 4 servings maque choux

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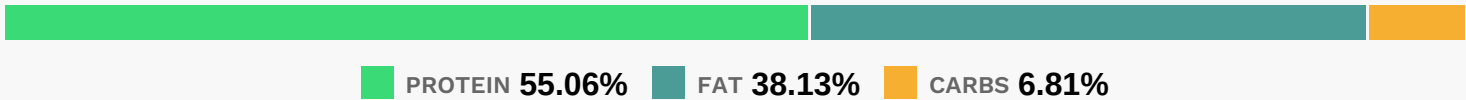
Equipment

☐ frying pan

Directions

- ☐ Combine chili powder, salt, and pepper; rub evenly over catfish fillets.
- ☐ Heat oil in a nonstick skillet over medium-high heat; add catfish, and cook 4 minutes on each side or until fish flakes with a fork.
- ☐ Place on toasted French bread; top with Maque Choux.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:19.076521717984%

Nutrients (% of daily need)

Calories: 211.01kcal (10.55%), Fat: 8.84g (13.6%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.42g (0.47%), Cholesterol: 98.66mg (32.89%), Sodium: 301.31mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.72g (57.44%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.79µg (63.22%), Phosphorus: 370.7mg (37.07%), Selenium: 23.07µg (32.96%), Vitamin B1: 0.39mg (25.84%), Vitamin A: 1271.73IU (25.43%), Potassium: 691.98mg (19.77%), Vitamin B3: 3.85mg (19.23%), Vitamin B6: 0.28mg (14.22%), Vitamin B5: 1.35mg (13.48%), Vitamin E: 1.81mg (12.07%), Magnesium: 46.21mg (11.55%), Vitamin K: 10.71µg (10.2%), Vitamin B2: 0.17mg (10.15%), Iron: 1.33mg (7.38%), Zinc: 1.07mg (7.14%), Manganese: 0.14mg (7.09%), Fiber: 1.49g (5.95%), Folate: 21.67µg (5.42%), Copper: 0.1mg (5.2%), Calcium: 39.14mg (3.91%), Vitamin C: 1.22mg (1.48%)