



Oven-Baked Catfish with Tartar Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce catfish fillets
- ☐ 0.5 cup cornmeal
- ☐ 2 ounce hot sauce
- ☐ 0.5 teaspoon salt
- ☐ 4 servings tartar sauce

Equipment

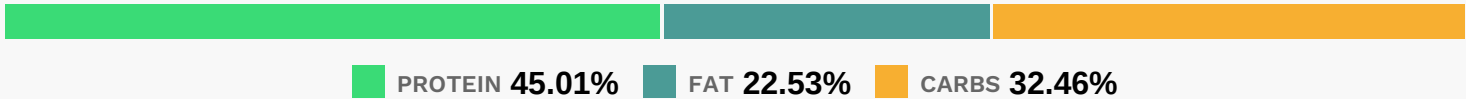
- ☐ oven
- ☐ baking pan

☐ ziploc bags

Directions

- ☐ Sprinkle fish fillets with salt; place in a large shallow dish or heavy-duty zip-top plastic bag.
- ☐ Pour in hot sauce; cover or seal, and chill 2 hours, turning occasionally.
- ☐ Remove fish from marinade, and dredge in cornmeal.
- ☐ Place fish on a lightly greased rack in a baking pan.
- ☐ Bake at 425 for 15 to 18 minutes or until fish flakes with a fork.
- ☐ Broil 3 inches from heat 2 minutes or until lightly browned.
- ☐ Serve with Tartar Sauce.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:8.65, Inflammation Score:-3, Nutrition Score:14.555652216725%

Nutrients (% of daily need)

Calories: 187.72kcal (9.39%), Fat: 4.59g (7.06%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 12.95g (4.71%), Sugar: 0.53g (0.59%), Cholesterol: 65.84mg (21.95%), Sodium: 721.55mg (31.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.23%), Vitamin D: 14.17µg (94.5%), Vitamin B12: 2.53µg (42.15%), Phosphorus: 283.45mg (28.35%), Selenium: 15.49µg (22.13%), Vitamin B1: 0.3mg (20.2%), Potassium: 491.11mg (14.03%), Vitamin C: 11.42mg (13.84%), Vitamin B6: 0.27mg (13.57%), Vitamin B3: 2.69mg (13.45%), Magnesium: 48.12mg (12.03%), Vitamin B5: 1mg (10.02%), Manganese: 0.16mg (8.23%), Zinc: 1.21mg (8.08%), Fiber: 1.92g (7.66%), Vitamin B2: 0.11mg (6.59%), Iron: 1.01mg (5.6%), Folate: 19µg (4.75%), Copper: 0.09mg (4.55%), Calcium: 18.64mg (1.86%), Vitamin A: 81.31IU (1.63%)