



Oven-Fried Catfish



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup corn flakes cereal crushed
- ☐ 1.5 teaspoons creole seasoning salt-free
- ☐ 4 ounce farm-raised catfish fillets
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 8 lemon wedges
- ☐ 0.1 teaspoon salt

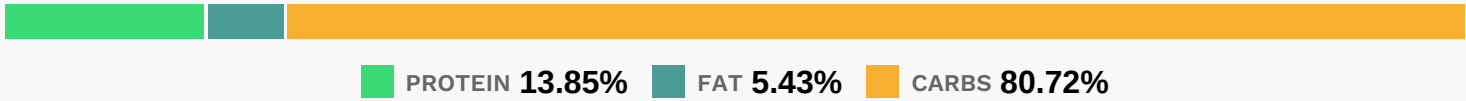
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 3 ingredients in a small bowl, stirring well; set aside.
- ☐ Combine mayonnaise, lemon juice, and hot sauce, stirring well.
- ☐ Brush mayonnaise mixture evenly over both sides of fillets; dredge in cereal mixture.
- ☐ Place fillets on rack of a broiler pan coated with cooking spray.
- ☐ Bake at 450 for 18 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:13.752173887647%

Flavonoids

Eriodictyol: 3.94mg, Eriodictyol: 3.94mg, Eriodictyol: 3.94mg, Eriodictyol: 3.94mg Hesperetin: 5.29mg, Hesperetin: 5.29mg, Hesperetin: 5.29mg, Hesperetin: 5.29mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg 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: 131.96kcal (6.6%), Fat: 0.84g (1.29%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 26.29g (9.56%), Sugar: 4.09g (4.55%), Cholesterol: 8.87mg (2.96%), Sodium: 322mg (14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Iron: 8.74mg (48.55%), Vitamin B12: 1.79µg (29.91%), Vitamin B1: 0.44mg (29%), Vitamin B6: 0.57mg (28.53%), Vitamin B3: 5.62mg (28.08%), Vitamin B2:

0.47mg (27.55%), Folate: 109.76µg (27.44%), Vitamin C: 17.05mg (20.67%), Vitamin D: 2.84µg (18.91%), Vitamin A: 695.79IU (13.92%), Fiber: 1.73g (6.9%), Phosphorus: 64.31mg (6.43%), Selenium: 4.37µg (6.24%), Magnesium: 17.07mg (4.27%), Potassium: 138.66mg (3.96%), Copper: 0.07mg (3.66%), Manganese: 0.07mg (3.41%), Zinc: 0.39mg (2.62%), Vitamin B5: 0.21mg (2.13%), Vitamin K: 2.09µg (1.99%), Vitamin E: 0.18mg (1.2%)