



Pan-Fried Catfish with Cajun Tartar Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cajun spice
- ☐ 1 tablespoon capers drained
- ☐ 24 ounce farm-raised catfish fillets
- ☐ 0.5 cup mayonnaise fat-free
- ☐ 4 servings cider-mustard slaw
- ☐ 1 tablespoon onion fresh minced
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 teaspoon pepper sauce hot (such as Tabasco)

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon relish sweet

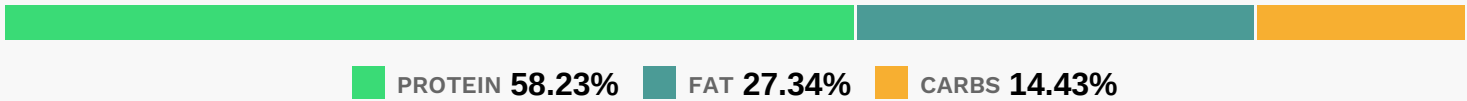
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large nonstick skillet over medium-high heat; coat with cooking spray.
- ☐ Sprinkle fish evenly with Cajun seasoning and salt.
- ☐ Add 2 fillets to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove fish from pan, and keep warm. Wipe pan clean with paper towels; recoat with cooking spray. Repeat procedure with remaining 2 fillets.
- ☐ While fish cooks, combine mayonnaise and next 5 ingredients in a small bowl.
- ☐ Serve with fish.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:17.541304432827%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 198.49kcal (9.92%), Fat: 5.92g (9.11%), Saturated Fat: 1.45g (9.03%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 5.72g (2.08%), Sugar: 4.37g (4.86%), Cholesterol: 101.26mg (33.75%), Sodium: 541.38mg (23.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.76%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.79µg (63.22%), Phosphorus: 367.23mg (36.72%), Selenium: 23.32µg (33.32%), Vitamin B1: 0.37mg (24.8%),

Potassium: 661.81mg (18.91%), Vitamin B3: 3.41mg (17.03%), Vitamin B5: 1.35mg (13.47%), Vitamin A: 633.37IU (12.67%), Vitamin K: 12.46µg (11.86%), Vitamin B6: 0.23mg (11.45%), Magnesium: 45.37mg (11.34%), Vitamin B2: 0.15mg (8.72%), Zinc: 0.98mg (6.52%), Iron: 0.96mg (5.33%), Fiber: 1.32g (5.27%), Manganese: 0.1mg (4.89%), Folate: 19.18µg (4.79%), Copper: 0.09mg (4.36%), Calcium: 34.59mg (3.46%), Vitamin C: 2.28mg (2.76%), Vitamin E: 0.38mg (2.56%)