



Pan-Fried Catfish with Cajun Tartar Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 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
- ☐ 1 tablespoon onion fresh minced
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon relish sweet

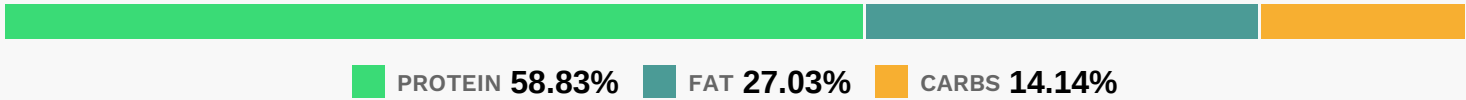
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish evenly with Cajun seasoning and salt. Coat pan with cooking spray.
- ☐ Add 2 fillets to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove fish from pan; keep warm. Wipe pan clean with paper towels; recoat with cooking spray. Repeat procedure with remaining 2 fillets.
- ☐ While fish cooks, combine mayonnaise and remaining ingredients.
- ☐ Serve mayonnaise mixture with fish.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:17.173913043478%

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: 195.44kcal (9.77%), Fat: 5.75g (8.85%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 5.67g (2.06%), Sugar: 4.3g (4.78%), Cholesterol: 101.26mg (33.75%), Sodium: 559.05mg (24.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.33%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.79µg (63.22%), Phosphorus: 361.83mg (36.18%), Selenium: 21.62µg (30.89%), Vitamin B1: 0.36mg (24.17%), Potassium: 654.33mg (18.7%), Vitamin B3: 3.38mg (16.89%), Vitamin B5: 1.33mg (13.32%), Vitamin A: 629.82IU (12.6%), Vitamin K: 12.38µg (11.79%), Vitamin B6: 0.23mg (11.28%), Magnesium: 42.97mg (10.74%), Vitamin B2:

0.14mg (8.53%), Zinc: 0.95mg (6.31%), Iron: 0.88mg (4.89%), Folate: 18.83µg (4.71%), Fiber: 1.1g (4.41%), Copper: 0.08mg (4.18%), Manganese: 0.08mg (3.86%), Calcium: 31.49mg (3.15%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.37mg (2.44%)