



Pat's Smoked Catfish



Gluten Free



Very Healthy

READY IN



115 min.

SERVINGS



4

CALORIES



1238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart buttermilk
- ☐ 4 large catfish fillets
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 tablespoon optional: dill finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon green onion finely chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 Dash hot sauce

- ☐ 2 tablespoons hot sauce
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoons dehydrated lemon peel
- ☐ 4 servings olive oil
- ☐ 2 tablespoons orange juice
- ☐ 2 teaspoons oregano dried
- ☐ 1 tablespoon parsley finely chopped
- ☐ 0.7 cup yogurt plain
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.7 cup cup heavy whipping cream sour

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ plastic wrap
- ☐ casserole dish
- ☐ grill

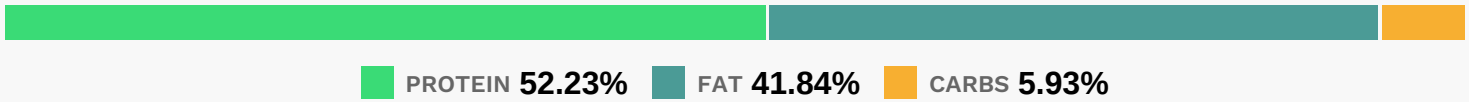
Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the buttermilk and hot sauce in a 13 by 9-inch casserole dish.
- ☐ Add catfish fillets and cover with plastic wrap and refrigerate for 1 hour. After 1 hour, remove the catfish from the refrigerator and pat dry with paper towels.
- ☐ Set up your grill for indirect heat at a medium-low temperature, about 275 degrees F.
- ☐ Mix together the oregano, lemon peel and salt, pepper, in a small bowl. Lightly coat the fish with olive oil and sprinkle the seasoning evenly over the catfish fillets.
- ☐ Put the catfish on the grill away from the hot coals. Smoke the catfish until it is fully cooked through and golden brown, about for 45 minutes.
- ☐ Remove the fish from the grill to a serving platter and serve with the Orange Dill Cream Sauce.

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Add all the ingredients to a serving bowl and serve with the smoked catfish.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:4.6, Inflammation Score:-10, Nutrition Score:54.266086920448%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 1238.15kcal (61.91%), Fat: 56.17g (86.42%), Saturated Fat: 17.7g (110.61%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 17.1g (6.22%), Sugar: 15.72g (17.46%), Cholesterol: 575.95mg (191.98%), Sodium: 1421.76mg (61.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 157.76g (315.52%), Vitamin D: 115.62µg (770.78%), Vitamin B12: 21.39µg (356.5%), Phosphorus: 2158.09mg (215.81%), Selenium: 124.71µg (178.15%), Vitamin B1: 2.04mg (135.87%), Potassium: 3720.81mg (106.31%), Vitamin B3: 17.62mg (88.08%), Vitamin B5: 8.12mg (81.21%), Vitamin B2: 1.2mg (70.55%), Magnesium: 245.84mg (61.46%), Vitamin B6: 1.21mg (60.37%), Calcium: 511.11mg (51.11%), Zinc: 5.94mg (39.6%), Vitamin K: 36.67µg (34.92%), Vitamin A: 1481.39IU (29.63%), Folate: 115.61µg (28.9%), Vitamin C: 18.96mg (22.98%), Copper: 0.4mg (20.01%), Iron: 3.5mg (19.44%), Manganese: 0.37mg (18.43%), Vitamin E: 2.72mg (18.11%), Fiber: 0.83g (3.32%)