Poached Cajun Catfish

Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	4	272 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 teaspoon butter
- [ ] 1 teaspoon creole seasoning (such as Tony Chachere's)
- [ ] 24 ounce farm-raised catfish fillets
- [ ] 4 garlic cloves crushed
- [ ] 1.5 cups mirin sweet
- [ ] 0.5 cup shallots finely chopped

Equipment

- [ ] bowl

- [ ] frying pan
- [ ] sieve
- [ ] spatula

Directions

- [ ] Sprinkle fish with seasoning.
- [ ] Melt the butter in a large nonstick skillet coated with cooking spray over medium-high heat.
- [ ] Add the shallots and garlic; saut 3 minutes.
- [ ] Add wine; bring to a boil.
- [ ] Add fish; cover, reduce heat, and simmer 16 minutes or until the fish flakes easily when tested with a fork.
- [ ] Remove fish with a spatula; place 1 fillet on each of 4 plates. Bring poaching liquid to a boil; cook until reduced to 1/2 cup (about 2 minutes). Strain poaching liquid through a sieve into a bowl; discard solids. Spoon 2 tablespoons poaching liquid over each fillet.

Nutrition Facts

PROTEIN **56.85%** FAT **26.27%** CARBS **16.88%**

Properties

Glycemic Index:39.25, Glycemic Load:1.88, Inflammation Score:-6, Nutrition Score:18.388261002043%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 271.71kcal (13.59%), Fat: 5.94g (9.14%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.44g (2.71%), Sugar: 3.27g (3.64%), Cholesterol: 101.34mg (33.78%), Sodium: 89.89mg (3.91%), Alcohol: 9.27g (100%), Alcohol %: 3.99% (100%), Protein: 28.93g (57.85%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.8µg (63.25%), Phosphorus: 395.8mg (39.58%), Selenium: 22.36µg (31.94%), Vitamin B1: 0.39mg (25.81%), Potassium: 794.02mg (22.69%), Vitamin B6: 0.39mg (19.69%), Vitamin B3: 3.47mg (17.33%), Manganese: 0.29mg

(14.72%), Vitamin B5: 1.45mg (14.47%), Magnesium: 55.87mg (13.97%), Vitamin B2: 0.15mg (8.84%), Zinc: 1.14mg (7.61%), Folate: 28.62µg (7.16%), Iron: 1.2mg (6.66%), Vitamin A: 325.79IU (6.52%), Vitamin C: 4.87mg (5.91%), Calcium: 49.33mg (4.93%), Copper: 0.1mg (4.91%), Fiber: 1.15g (4.58%), Vitamin E: 0.19mg (1.28%), Vitamin K: 1.14µg (1.08%)