



Quick Catfish Fillets

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce fillets catfish
- 0.3 cup flour all-purpose
- 2 tablespoons olive oil
- 0.3 cup oyster sauce
- 1 pinch salt and pepper to taste

Equipment

- bowl
- frying pan

Directions

- In a bowl, mix the flour, salt, and pepper. Dredge the catfish fillets in the flour mixture to lightly coat.
- Heat the olive oil in a large skillet over medium–high heat, and cook the catfish fillets 3 minutes on each side, until golden brown. Reduce heat to medium–low, and brush fillets with oyster sauce. Cover skillet, and continue cooking 5 minutes, or until fish is easily flaked with a fork.

Nutrition Facts

PROTEIN 44.47% **FAT 40.99%** **CARBS 14.54%**

Properties

Glycemic Index:18.75, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:17.467826210934%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 268.78kcal (13.44%), Fat: 11.94g (18.36%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 9.2g (3.35%), Sugar: 0.03g (0.03%), Cholesterol: 98.66mg (32.89%), Sodium: 479.03mg (20.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.27%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.85µg (64.21%), Phosphorus: 369.94mg (36.99%), Selenium: 25.6µg (36.57%), Vitamin B1: 0.44mg (29.36%), Vitamin B3: 4.07mg (20.36%), Potassium: 628mg (17.94%), Vitamin B5: 1.35mg (13.49%), Vitamin B2: 0.19mg (11.29%), Magnesium: 41.99mg (10.5%), Vitamin B6: 0.2mg (10.21%), Folate: 38.25µg (9.56%), Vitamin E: 1.01mg (6.76%), Zinc: 0.95mg (6.36%), Manganese: 0.12mg (6.06%), Iron: 1.06mg (5.88%), Copper: 0.09mg (4.71%), Vitamin K: 4.25µg (4.04%), Calcium: 30.09mg (3.01%), Vitamin A: 85.05IU (1.7%), Vitamin C: 1.21mg (1.46%), Fiber: 0.32g (1.3%)