



Healthdor

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## Blackened Catfish ♦♦

Blackened catfish is a flavorful and spicy dish that originated in the southern United States. It is typically made by coating catfish fillets with a blend of spices and then cooking them in a hot skillet until blackened and crispy. The dish is often served with rice, vegetables, and a tangy sauce.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	catfish fillets
2 tsp	paprika
1 tsp	cayenne pepper
1 tsp	garlic powder
1 tsp	onion powder

1 tsp	dried thyme
1 tsp	dried oregano
1 tsp	salt
1 tsp	black pepper
2 tbsp	olive oil

## Directions

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### Step 1

#### Mixing

In a small bowl, mix together the paprika, cayenne pepper, garlic powder, onion powder, dried thyme, dried oregano, salt, and black pepper to make the blackening spice blend.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Coating

Coat the catfish fillets with the blackening spice blend, pressing the spices onto both sides of the fillets.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

## Frying

Heat the olive oil in a large skillet over medium-high heat. Add the catfish fillets to the skillet and cook for 4-5 minutes per side, or until the fish is blackened and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 8 g

**Protein:** 30 g

**Carbohydrates:** 2 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	50 mcg	90.91%	90.91%

## Recipe Attributes

### Cuisines

American

### Course

Drinks

Salads

Snacks

### Cultural

Chinese New Year

### Cost

\$10 to \$20

\$20 to \$30

\$30 to \$40

## Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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