USDA Foods

Catfish Fillets, Unbreaded, Raw, Frozen
MyPlate Food Group: Protein

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Product Description

- Catfish fillets are frozen when fresh, skinless, and boneless. Their flavor is mild and texture is firm.

Storage

- Keep frozen until ready to use.

Uses and Tips

- Catfish fillets may be baked, broiled or grilled.
- Serve catfish fillets served as an entrée with tartar sauce, cocktail sauce, or Tabasco sauce.

Nutrition Information

- 4 ounce catfish fillet counts as 4 ounces in the MyPlate.gov Protein group. For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov
- www.fns.usda.gov/fdpir/fdpir-sharing-gallery

Nutrition Facts

Serving size: 4 ounce prepared fillet

Amount Per Serving		
Calories 80	Calories from Fat **2**0	
		-% Daily Value*
Total Fat 2g		**3%**
Saturated Fat 0.5g		**3%**
Trans Fat 0g		
Cholesterol 50mg		**17%**
Sodium 310mg		**13%**
Total Carbohydrate 0g		**0%**
Dietary Fiber 0g		**0%**
Sugars 0g		
Protein 15g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

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Catfish Salad

Makes about 6 servings

Ingredients
3 catfish fillets
1½ cups chopped lettuce
1 red tomato, chopped or cut into wedges
¼ cup carrot, shredded
1 slice onion (optional)
2 tablespoons dressing or Tabasco sauce (optional)

Directions

1. Preheat oven to 400°F. Place frozen catfish strips on ungreased cookie sheet. Bake for 8 to 9 minutes until internal temperature of 155°F.
2. In a salad bowl, add lettuce, tomato, carrot, and other optional toppings. Add catfish after cooking.
3. Serve immediately.

Recipe adapted from USDA, FNS, Food Distribution Division 2013.

Baked Catfish

Makes about 4 servings

Ingredients
4 catfish fillets
1 onion, sliced
2 lemons (1 for garnish)
1/2 teaspoon garlic powder
Salt and pepper to taste

Directions

1. Preheat oven to 375°F
2. Slice onion, lemon place in bottom of the pan.
3. Season fish with garlic powder, salt and pepper to taste
4. Place fish on top and cover with foil.
5. Bake until fish is flakey approximately 15 – 20 minutes.

Recipe provided by Carmen Robertson, Choctaw Nation

These recipes, presented to you by USDA, have not been tested or standardized.