



Breaded Catfish (Bagre Apanado o A la Milanese)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 cup bread crumbs
- ☐ 4 fillet catfish skins and bones removed dry rinsed
- ☐ 2 eggs
- ☐ 1 tablespoon garlic powdered
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon paprika

- ☐ 4 servings salt and pepper
- ☐ 4 servings vegetable oil for frying

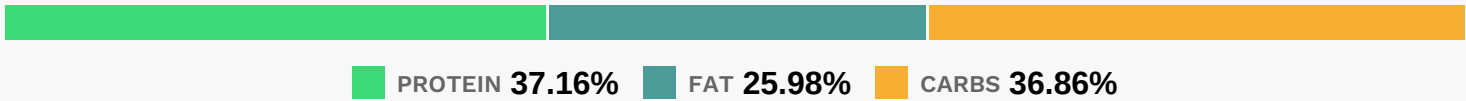
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Mix the flour, paprika, garlic powder and cumin in a large bowl. In a separate bowl, whisk the eggs. In a third dish add the bread crumbs.Season the catfish with salt and pepper. Coat the fish fillets with the flour, dip in the eggs and dredge in the crumbs.Drop carefully in the hot oil. Fry for 4 minutes until crisp.
- ☐ Remove to a paper towel lined sheet tray. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:17.51, Inflammation Score:-8, Nutrition Score:26.493478432946%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 398.33kcal (19.92%), Fat: 11.28g (17.35%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 33.73g (12.27%), Sugar: 1.24g (1.37%), Cholesterol: 180.44mg (60.15%), Sodium: 401.63mg (17.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.29g (72.58%), Vitamin D: 21.69µg (144.6%), Vitamin B12: 4.03µg (67.23%), Selenium: 42.64µg (60.92%), Vitamin B1: 0.76mg (50.72%), Phosphorus: 470.92mg (47.09%), Vitamin B3: 6.26mg (31.29%), Vitamin B2: 0.46mg (27.08%), Folate: 100.04µg (25.01%), Manganese: 0.5mg (24.88%), Iron: 4.4mg (24.44%), Potassium: 773.64mg (22.1%), Vitamin A: 1084.97IU (21.7%), Vitamin B5: 1.9mg (19.05%), Vitamin B6: 0.33mg (16.67%), Magnesium: 63.53mg (15.88%), Zinc: 1.74mg (11.58%), Copper: 0.18mg (9.23%), Fiber: 2.26g (9.05%), Calcium: 87.22mg (8.72%), Vitamin K: 7.72µg (7.35%), Vitamin E: 1.05mg (7%),

Vitamin C: 1.95mg (2.36%)