



Buffalo Catfish

 Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds catfish fillets
- ☐ 1.5 cups cracker meal
- ☐ 1 tablespoon parsley flakes dried
- ☐ 2 large eggs beaten
- ☐ 0.3 cup hot sauce
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.5 cup vegetable oil

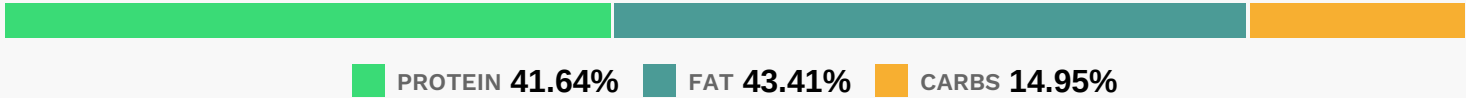
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Stir together first 4 ingredients.
- ☐ Whisk together eggs and hot sauce.
- ☐ Cut fillets into 2-inch pieces; dip in egg mixture, and dredge in cracker meal mixture.
- ☐ Cook fish, in batches, in hot oil in a large skillet over medium-high heat 1 minute on all sides or until golden; drain on paper towels.
- ☐ Place fish on a wire rack in a jelly-roll pan, and keep warm in a 200 oven.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:18.829999954804%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 275.88kcal (13.79%), Fat: 13.02g (20.04%), Saturated Fat: 3g (18.73%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.59g (3.49%), Sugar: 1.43g (1.59%), Cholesterol: 149.69mg (49.9%), Sodium: 874.4mg (38.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.22%), Vitamin D: 19.23µg (128.22%), Vitamin B12: 3.52µg (58.67%), Phosphorus: 392.77mg (39.28%), Selenium: 24.91µg (35.59%), Vitamin B1: 0.39mg (26.33%), Vitamin B3: 3.69mg (18.44%), Vitamin K: 19.28µg (18.36%), Potassium: 607.78mg (17.37%), Vitamin B5: 1.48mg

(14.85%), Vitamin B2: 0.24mg (14.19%), Vitamin B6: 0.23mg (11.6%), Vitamin C: 8.95mg (10.85%), Magnesium: 41.75mg (10.44%), Manganese: 0.18mg (9.17%), Folate: 34.98µg (8.75%), Iron: 1.56mg (8.65%), Zinc: 1.11mg (7.4%), Vitamin E: 1.04mg (6.93%), Calcium: 59.18mg (5.92%), Copper: 0.09mg (4.5%), Vitamin A: 189.17IU (3.78%), Fiber: 0.51g (2.02%)