

Cajun Catfish

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups vegetable oil
- 1 cup flour all-purpose
- 0.5 cup cornmeal stone-ground
- 2 tablespoons creole seasoning
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 0.5 teaspoon ground pepper red (cayenne)
- 1 eggs

- 2 pounds catfish filets skinless
- 1 serving salt
- 0.3 cup juice of lemon

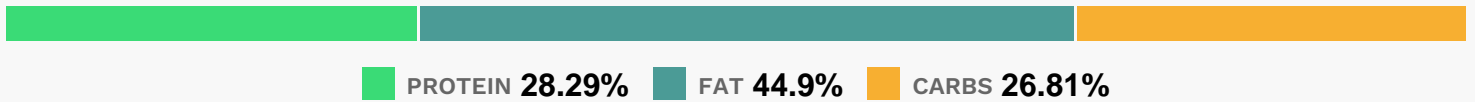
Equipment

- paper towels
- sauce pan

Directions

- In heavy 3-quart saucepan, heat oil over medium-high heat to 375°F.
- In shallow dish, stir together flour, cornmeal, Creole seasoning, onion powder, garlic powder and red pepper. In another shallow dish, beat egg with fork until foamy.
- Sprinkle catfish nuggets with salt and lemon juice. Dip each nugget into beaten egg, then roll in flour mixture to coat. Drop 4 to 6 nuggets at a time into hot oil. Cook 2 minutes; turn and cook 1 minute longer or until deep golden brown.
- Remove from oil; drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:26.56, Glycemic Load:13.09, Inflammation Score:-6, Nutrition Score:17.76347839314%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 315.13kcal (15.76%), Fat: 15.62g (24.03%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 19.16g (6.97%), Sugar: 0.58g (0.64%), Cholesterol: 86.23mg (28.74%), Sodium: 82.4mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.28%), Vitamin D: 14.28µg (95.23%), Vitamin B12: 2.58µg (42.96%), Selenium: 22.12µg (31.61%), Phosphorus: 294.12mg (29.41%), Vitamin B1: 0.4mg (26.79%), Vitamin K: 21.24µg (20.23%), Vitamin B3: 3.46mg (17.32%), Potassium: 504.76mg (14.42%), Vitamin A: 658.99IU (13.18%),

Vitamin B6: 0.25mg (12.58%), Folate: 49.22µg (12.3%), Vitamin B2: 0.21mg (12.22%), Manganese: 0.24mg (11.78%), Magnesium: 43.93mg (10.98%), Vitamin B5: 1.09mg (10.94%), Vitamin E: 1.42mg (9.47%), Iron: 1.61mg (8.92%), Zinc: 1.13mg (7.51%), Fiber: 1.82g (7.3%), Vitamin C: 4.86mg (5.89%), Copper: 0.1mg (4.95%), Calcium: 25.66mg (2.57%)