



Cajun Catfish Cakes with Remoulade

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



348 kcal

Ingredients

- 1 tablespoon cajun spice
- 0.5 cup canola oil
- 4 fillet catfish filets
- 1 cup round buttery crackers crushed
- 1 large eggs beaten
- 1 teaspoon garlic chopped
- 2 teaspoons hot sauce
- 8 servings kosher salt and pepper black freshly ground
- 1 teaspoon juice of lemon

- 1 cup mayonnaise
- 2 tablespoons spicy brown mustard

Equipment

- bowl
- frying pan
- grill
- grill pan

Directions

- Preheat a grill pan over medium-high heat.
- Season the catfish on both sides with 1 tablespoon Cajun seasoning, salt, and pepper.
- Brush the grill pan with some of the canola oil and grill the catfish until cooked through, 4 to 5 minutes on each side.
- Remove to a plate and let cool.
- Into a large bowl, add the cracker crumbs, 2 tablespoons mayonnaise, mustard, and egg. Shred the fish with a fork and add to the bowl. Fold everything together. Form into 8 small cakes and set them aside.
- In a large skillet over medium heat, add the remaining canola oil. When it is hot, add the catfish cakes and cook until browned on each side, 4 to 5 minutes total.
- Drain on brown paper.
- While the cakes are cooking, make the remoulade: In a bowl, stir together the remaining 1 cup mayonnaise, 1 teaspoon Cajun seasoning, 1 teaspoon mustard, hot sauce, lemon juice, and garlic. (Reserve 1/2 cup remoulade for Round 2 Recipe Cajun Quesadillas.)
- Serve the catfish cakes with the remoulade.

Nutrition Facts

 **PROTEIN 18.35%**  **FAT 74.84%**  **CARBS 6.81%**

Properties

Glycemic Index:19.88, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:13.940434891245%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 347.55kcal (17.38%), Fat: 28.73g (44.19%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.21g (1.89%), Sugar: 0.97g (1.08%), Cholesterol: 84.31mg (28.1%), Sodium: 357.74mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.69%), Vitamin D: 10.81µg (72.04%), Vitamin K: 52.36µg (49.86%), Vitamin B12: 1.98µg (33.08%), Phosphorus: 224.07mg (22.41%), Selenium: 15.01µg (21.44%), Vitamin B1: 0.23mg (15.22%), Vitamin E: 2.01mg (13.38%), Vitamin A: 530.32IU (10.61%), Vitamin B3: 2.11mg (10.54%), Potassium: 357.94mg (10.23%), Vitamin B5: 0.86mg (8.61%), Vitamin B2: 0.13mg (7.63%), Vitamin B6: 0.14mg (7.2%), Magnesium: 25.71mg (6.43%), Manganese: 0.11mg (5.73%), Iron: 1.02mg (5.69%), Folate: 19.14µg (4.79%), Zinc: 0.67mg (4.47%), Calcium: 34.8mg (3.48%), Copper: 0.06mg (2.99%), Fiber: 0.68g (2.71%), Vitamin C: 1.72mg (2.09%)