



Carolina Catfish Sandwiches



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cajun spice
- ☐ 2.5 cups d cabbage-and-carrot coleslaw
- ☐ 24 ounce catfish fillets
- ☐ 2 tablespoons the dressing light (such as Marzetti)
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon stick margarine
- ☐ 10 ounce hoagie rolls with sesame seeds
- ☐ 3 tablespoons cornmeal yellow

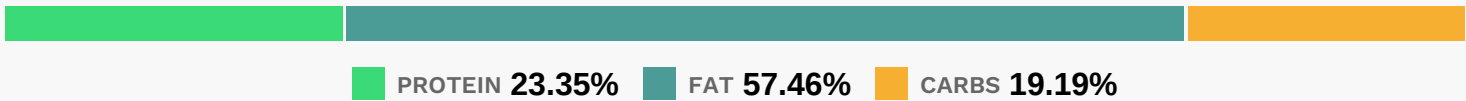
Equipment

☐ frying pan

Directions

- ☐ Combine the first 3 ingredients in a shallow dish. Dredge catfish fillets in the cornmeal mixture.
- ☐ Melt the butter in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add catfish fillets, and cook for 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove catfish fillets from heat, and keep warm.
- ☐ Combine the coleslaw and dressing.
- ☐ Cut hoagie rolls in half horizontally, and spoon 1/2 cup slaw over bottom halves of rolls. Top each with 1 fillet and tops of rolls.

Nutrition Facts



Properties

Glycemic Index:60.08, Glycemic Load:10.79, Inflammation Score:-10, Nutrition Score:52.900000240492%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 704.67kcal (35.23%), Fat: 46.53g (71.59%), Saturated Fat: 7.33g (45.84%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 23.22g (8.44%), Sugar: 5.93g (6.59%), Cholesterol: 101.94mg (33.98%), Sodium: 240.05mg (10.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.54g (85.08%), Vitamin A: 14086.04IU (281.72%), Copper: 3.02mg (150.95%), Vitamin D: 21.26µg (141.75%), Manganese: 2mg (99.93%), Phosphorus: 857.57mg (85.76%), Magnesium: 308.47mg (77.12%), Calcium: 746.36mg (74.64%), Selenium: 48.06µg (68.66%), Vitamin B1: 1.03mg (68.6%), Iron: 11.7mg (64.99%), Vitamin B12: 3.8µg (63.4%), Fiber: 11.76g (47.03%), Vitamin B6: 0.94mg (46.79%), Zinc: 6.87mg (45.78%), Vitamin B3: 7.74mg (38.72%), Potassium: 1251.95mg (35.77%), Folate: 111.22µg (27.8%), Vitamin B2: 0.39mg (22.79%), Vitamin B5: 1.65mg (16.55%), Vitamin K: 16.68µg (15.88%), Vitamin E:

1.39mg (9.25%), Vitamin C: 5.98mg (7.24%)