



HEALTH SCORE

85%

## Catfish Beignets With Zesty Tartar Sauce



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



1926 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 teaspoon active yeast dry
- ☐ 1.5 pounds catfish fillets
- ☐ 0.3 cup beer dark (not )
- ☐ 3 egg whites
- ☐ 1.8 cups flour all-purpose
- ☐ 2 dashes hot sauce
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 1.3 teaspoons old bay seasoning divided

- ☐ 0.8 cup onion    diced green red frozen
- ☐ 1 teaspoon salt
- ☐ 1 serving zesty tartar sauce
- ☐ 1.5 tablespoons vegetable oil    divided
- ☐ 1 serving vegetable oil

## Equipment

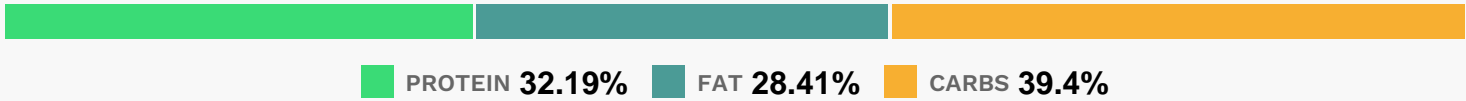
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ dutch oven
- ☐ broiler pan

## Directions

- ☐ Sprinkle fillets evenly with salt and 1/4 tsp. Old Bay seasoning. Arrange fillets on a lightly greased rack in an aluminum foil-lined broiler pan.
- ☐ Bake at 425 for 20 to 25 minutes or until fish flakes with a fork and is opaque throughout. Finely chop fish.
- ☐ Cook diced onion, bell pepper, and celery in 1/2 Tbsp. hot oil in a small skillet over medium-high heat, stirring often, 3 to 4 minutes or until tender.
- ☐ Cook beer in a small saucepan over medium-low heat 5 minutes or until a thermometer registers 105 to 11
- ☐ Remove from heat; add yeast, and let stand 5 minutes.

- ☐ Transfer yeast mixture to a large bowl; stir in vegetables, milk, flour, hot sauce, catfish, remaining 1 Tbsp. oil, and remaining 1 tsp. Old Bay seasoning.
- ☐ Cover and let rise in a warm place (85), free from drafts, 30 minutes.
- ☐ Beat egg whites at medium speed with an electric mixer until soft peaks form. Fold into catfish mixture.
- ☐ Pour vegetable oil to a depth of 2 inches into a Dutch oven or electric deep-fat fryer; heat to 36
- ☐ Drop batter, by heaping tablespoonfuls, into hot oil; fry, in batches, 3 to 4 minutes or until golden brown, turning once.
- ☐ Drain on a wire rack over paper towels.
- ☐ Serve with tartar sauce and, if desired, lemon wedges.
- ☐ Note: Keep beignets warm in a 225 oven for up to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:125.5, Glycemic Load:122.23, Inflammation Score:-10, Nutrition Score:71.263912947282%

## Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 5.26mg, Luteolin: 5.26mg, Luteolin: 5.26mg, Luteolin: 5.26mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## Nutrients (% of daily need)

Calories: 1926.08kcal (96.3%), Fat: 58.94g (90.68%), Saturated Fat: 12.18g (76.16%), Carbohydrates: 183.96g (61.32%), Net Carbohydrates: 175.24g (63.72%), Sugar: 10g (11.12%), Cholesterol: 404.14mg (134.71%), Sodium: 2847.6mg (123.81%), Alcohol: 3.07g (100%), Alcohol %: 0.29% (100%), Protein: 150.26g (300.53%), Vitamin D: 85.05µg (566.99%), Vitamin B12: 15.9µg (264.94%), Selenium: 181.69µg (259.55%), Vitamin B1: 3.53mg (235.12%), Phosphorus: 1833.02mg (183.3%), Vitamin B3: 28.05mg (140.23%), Folate: 551.86µg (137.96%), Vitamin B2: 2.33mg (137.26%), Vitamin C: 95.33mg (115.55%), Manganese: 2.02mg (100.84%), Potassium: 3239.39mg (92.55%), Vitamin K: 93.08µg (88.64%), Iron: 13.65mg (75.81%), Vitamin B5: 7.21mg (72.13%), Vitamin B6: 1.29mg (64.51%), Magnesium: 250.38mg (62.59%), Zinc: 6.02mg (40.13%), Fiber: 8.72g (34.89%), Copper: 0.69mg (34.26%), Calcium: 317.6mg (31.76%), Vitamin E: 3.44mg (22.96%), Vitamin A: 941.8IU (18.84%)