



## Catfish Classique

READY IN



45 min.

SERVINGS



6

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 slices bacon
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 5 cups canola oil
- ☐ 1 large eggs lightly beaten
- ☐ 16 ounce catfish filets
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour
- ☐ 1 teaspoon garlic fresh minced

- ☐ 0.3 cup spring onion sliced
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 cup milk 2% reduced-fat
- ☐ 0.8 cup beef broth fat-free
- ☐ 1 cup nonfat buttermilk
- ☐ 0.5 cup onion finely chopped
- ☐ 1 pound shrimp deveined peeled
- ☐ 1.3 cups cornmeal plain yellow

## Equipment

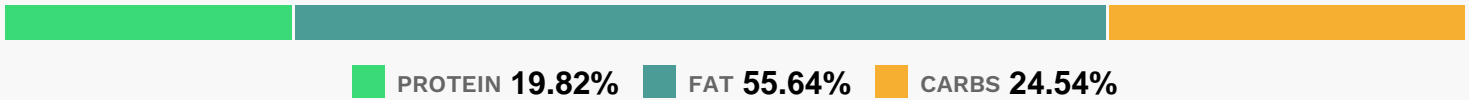
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ dutch oven

## Directions

- ☐ Preheat oven to 25
- ☐ Place 1 cup flour in a shallow dish or bowl.
- ☐ Combine cornmeal, 2 tablespoons flour, and pepper in a second shallow dish, stirring well with a whisk.
- ☐ Combine buttermilk and egg in a third shallow bowl or dish, stirring well with a whisk.
- ☐ Heat oil to 385 in a Dutch oven.
- ☐ Sprinkle both sides of fillets with 1/2 teaspoon salt. Dredge 2 fillets in flour. Dip in buttermilk mixture, and dredge in cornmeal mixture. Fry breaded fillets for 5 minutes or until golden brown and fish flakes easily when tested with a fork.
- ☐ Place fried fillets on a wire rack in a jelly-roll pan, and keep warm in a 250 oven. Repeat procedure with remaining fillets, flour, buttermilk mixture, and cornmeal mixture.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.

- ☐ Remove bacon from pan; crumble.
- ☐ Add butter to drippings in pan.
- ☐ Add shrimp; saut 3 to 5 minutes or until done.
- ☐ Remove shrimp from pan; keep warm.
- ☐ Add onion to pan; saut 3 minutes or until tender.
- ☐ Add garlic; saut 30 seconds.
- ☐ Sprinkle with 2 tablespoons flour; cook 1 minute, stirring constantly. Stir in milk, broth, and 1/4 teaspoon salt; bring to a simmer. Cook 3 minutes or until slightly thick, stirring frequently.
- ☐ Place 1 catfish fillet on each of 6 plates; top each serving with about 1/3 cup sauce, 3 shrimp, 2 teaspoons green onions, and crumbled bacon.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:64.92, Glycemic Load:27.72, Inflammation Score:-7, Nutrition Score:23.987825963808%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

## Nutrients (% of daily need)

Calories: 782.24kcal (39.11%), Fat: 48.44g (74.52%), Saturated Fat: 6.69g (41.83%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 43.89g (15.96%), Sugar: 5.24g (5.83%), Cholesterol: 210.35mg (70.12%), Sodium: 601.44mg (26.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.81g (77.63%), Vitamin D: 9.65µg (64.31%), Phosphorus: 490.02mg (49%), Vitamin E: 6.88mg (45.9%), Selenium: 24.64µg (35.2%), Vitamin K: 36.25µg (34.53%), Vitamin B12: 2.01µg (33.49%), Vitamin B1: 0.49mg (32.67%), Manganese: 0.5mg (24.97%), Magnesium: 93.55mg (23.39%), Copper: 0.46mg (23.07%), Potassium: 780.96mg (22.31%), Zinc: 3.02mg (20.15%), Vitamin B3: 4.02mg (20.1%), Vitamin B2: 0.33mg (19.19%), Vitamin B6: 0.37mg (18.39%), Folate: 72.75µg (18.19%), Iron: 3.01mg (16.72%), Fiber: 4.17g (16.69%), Calcium: 131mg (13.1%), Vitamin B5: 1.22mg (12.16%), Vitamin A: 227.62IU (4.55%), Vitamin C: 3.01mg (3.64%)