



Catfish Lafitte

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1.5 pounds catfish fillets
- 3 slices ham cooked very thin cut into strips
- 2 large eggs
- 2 cups flour all-purpose
- 2 teaspoons garlic minced
- 0.3 cup green onions divided chopped
- 1.5 teaspoons ground pepper red divided
- 2 teaspoons juice of lemon

- 4 servings garnish: lemon wedges
- 1 cup milk
- 1.3 teaspoons salt divided
- 12 large shrimp fresh unpeeled
- 4 servings vegetable oil
- 0.3 cup vermouth
- 2 cups whipping cream

Equipment

- frying pan
- paper towels
- whisk
- dutch oven

Directions

- Whisk together eggs and milk.
- Combine flour, 1 teaspoon salt, and 1/2 teaspoon ground red pepper in a shallow dish. Dredge fillets in flour mixture; dip in milk mixture, and dredge again in flour mixture.
- Pour oil to a depth of 3 inches into a Dutch oven; heat to 36
- Fry fillets 6 minutes or until golden; drain on paper towels. Keep warm.
- Peel shrimp, and remove veins, if desired.
- Melt butter in a large heavy skillet over medium heat; add shrimp and minced garlic, and cook, stirring often, until shrimp turn pink.
- Remove shrimp, reserving drippings in skillet.
- Stir vermouth into reserved pan drippings; bring mixture to a boil, and cook 1 minute.
- Add whipping cream, 2 tablespoons green onions, lemon juice, remaining 1/4 teaspoon salt, and remaining 1 to 2 teaspoons ground red pepper; cook, stirring often, 12 to 15 minutes or until mixture is thickened.
- Place catfish on a serving plate; drizzle with sauce. Top with shrimp and ham; sprinkle with remaining 2 tablespoons green onions, and garnish, if desired.

Nutrition Facts

PROTEIN 19.54% FAT 59.98% CARBS 20.48%

Properties

Glycemic Index:58.13, Glycemic Load:35.91, Inflammation Score:-9, Nutrition Score:38.392173787822%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 1110.96kcal (55.55%), Fat: 73.35g (112.84%), Saturated Fat: 34.65g (216.54%), Carbohydrates: 56.34g (18.78%), Net Carbohydrates: 54.22g (19.72%), Sugar: 7g (7.77%), Cholesterol: 394.77mg (131.59%), Sodium: 1211.41mg (52.67%), Alcohol: 1.42g (100%), Alcohol %: 0.34% (100%), Protein: 53.77g (107.54%), Vitamin D: 24.48µg (163.23%), Selenium: 60.12µg (85.88%), Vitamin B12: 4.67µg (77.89%), Phosphorus: 720.24mg (72.02%), Vitamin B1: 1.05mg (70.15%), Vitamin B2: 0.92mg (53.83%), Vitamin A: 2568.26IU (51.37%), Vitamin K: 43.56µg (41.49%), Vitamin B3: 8.14mg (40.71%), Folate: 154.01µg (38.5%), Potassium: 1098.08mg (31.37%), Manganese: 0.54mg (27.24%), Vitamin B5: 2.61mg (26.07%), Iron: 4.5mg (24.99%), Vitamin B6: 0.47mg (23.45%), Calcium: 231.66mg (23.17%), Magnesium: 89.13mg (22.28%), Zinc: 3.12mg (20.78%), Vitamin E: 3.02mg (20.13%), Copper: 0.33mg (16.4%), Fiber: 2.12g (8.48%), Vitamin C: 5.63mg (6.82%)