



Catfish Nuggets With Honey Dipping Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups cornflakes cereal crushed
- 1.5 pounds farm-raised catfish fillets cut into 1 1/2- to 2-inch pieces
- 1.5 teaspoons garlic powder
- 3 tablespoons honey
- 6 servings lemon wedges
- 1 cup hellmann's real mayonnaise
- 1 tablespoon milk
- 0.5 teaspoon lawry's seasoned salt

- 1 Dash liquid from peppers in vinegar hot
- 3 tablespoons mustard yellow

Equipment

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

Directions

- Whisk together mayonnaise and next 4 ingredients. Spoon 1/2 cup mayonnaise mixture into a shallow bowl or pie plate. Cover and chill remaining mayonnaise mixture.
- Stir together cereal, garlic powder, and salt until blended.
- Dip fish into 1/2 cup mayonnaise mixture in pie plate, coating both sides; dredge in cereal mixture.
- Place fish on a lightly greased wire rack in a jelly-roll pan.
- Bake at 450 for 14 to 15 minutes or until fish flakes with a fork.
- Serve with remaining mayonnaise mixture and lemon wedges.

Nutrition Facts



PROTEIN 15.44% **FAT 46.01%** **CARBS 38.55%**

Properties

Glycemic Index:35.46, Glycemic Load:4.73, Inflammation Score:-9, Nutrition Score:37.061304797297%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 613.55kcal (30.68%), Fat: 31.7g (48.77%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 59.77g (19.92%), Net Carbohydrates: 57.37g (20.86%), Sugar: 14.73g (16.36%), Cholesterol: 81.75mg (27.25%), Sodium: 995.14mg (43.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.88%), Vitamin D: 16.41µg (109.37%), Iron: 17.73mg (98.48%), Vitamin B12: 5.54µg (92.41%), Vitamin B1: 1.05mg (70.25%), Vitamin B3: 12.81mg (64.07%), Vitamin B6: 1.22mg (60.8%), Vitamin B2: 1mg (58.91%), Vitamin K: 60.99µg (58.08%), Folate: 225.58µg (56.39%), Selenium: 22.92µg (32.74%), Phosphorus: 319.52mg (31.95%), Vitamin A: 1147.54IU (22.95%), Vitamin C: 13.97mg (16.93%), Potassium: 543.92mg (15.54%), Magnesium: 54.31mg (13.58%), Vitamin B5: 1.11mg (11.14%), Fiber: 2.39g (9.57%), Manganese: 0.18mg (8.92%), Vitamin E: 1.33mg (8.87%), Zinc: 1.33mg (8.87%), Copper: 0.18mg (8.84%), Calcium: 31.24mg (3.12%)