



 **71%**
HEALTH SCORE

Catfish Po' Boy Grinder

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



1426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup pepper rings
- 2 cups bread crumbs
- 0.5 cup cajun spice
- 3 ounce fillets catfish
- 0.5 teaspoon cayenne pepper
- 1 cup cherry tomato halves
- 16 ounce coleslaw mix shredded
- 2 cups cornmeal

- 1 teaspoon dijon mustard
- 1 cup sandwich spread remoulade-style for recipe link (see footnote)
- 2 cups flour all-purpose
- 1 tablespoon sea salt
- 1 tablespoon granulated onion
- 1.5 teaspoons ground pepper black
- 2 tablespoons hot sauce tabasco® (such as)
- 1 optional: lemon cut into wedges
- 0.3 teaspoon lemon pepper
- 0.3 cup mayonnaise
- 1 cup olive oil for frying
- 0.3 cup pickled pepperoncini peppers chopped
- 0.3 cup onion diced red
- 1 tablespoon red wine vinegar
- 1 teaspoon salt
- 4 hoagie buns split italian-style
- 1 teaspoon sugar white

Equipment

- bowl
- frying pan
- paper towels
- baking pan

Directions

- Combine coleslaw mix, pepperoncini peppers, red onion, mayonnaise, lemon juice, red wine vinegar, Dijon mustard, sugar, salt, 1/2 teaspoon granulated garlic, 1/2 teaspoon granulated onion, and lemon pepper in a large bowl. Toss until well combined. Cover and refrigerate until ready to use.

- Place catfish fillets in a large shallow baking dish.
- Sprinkle hot sauce over the top and turn the fillets to coat.
- Combine Cajun seasoning, flour, cornmeal, bread crumbs, 1 tablespoon granulated garlic, 1 tablespoon granulated onion, black pepper, and cayenne pepper in a large brown paper bag.
- Add catfish fillets and shake gently to coat fillets thoroughly.
- Heat olive oil in a large skillet over medium-high heat. Fry breaded catfish fillets until browned and crisp, about 3 minutes per side.
- Place on paper towel-lined paper plates to drain.
- Spread each hoagie bun with 1/4 cup remoulade-style spread.
- Place 2 catfish fillets on top and top with 1 to 2 cups coleslaw.
- Garnish with lemon wedge, cherry tomato halves, and banana pepper rings.

Nutrition Facts



Properties

Glycemic Index:159.02, Glycemic Load:116.57, Inflammation Score:-10, Nutrition Score:57.325217205545%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 1426.27kcal (71.31%), Fat: 37.95g (58.38%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 239.8g (79.93%), Net Carbohydrates: 216.72g (78.81%), Sugar: 44.85g (49.83%), Cholesterol: 20.17mg (6.72%), Sodium: 1661.97mg (72.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.73g (71.47%), Vitamin A: 7118.06IU (142.36%), Vitamin K: 141.57µg (134.83%), Iron: 23.19mg (128.84%), Manganese: 2.1mg (104.78%), Vitamin C: 82.16mg (99.59%), Vitamin B1: 1.48mg (98.58%), Fiber: 23.08g (92.31%), Folate: 278.69µg (69.67%), Selenium: 46.58µg (66.54%), Vitamin B6: 1.18mg (59.25%), Vitamin B3: 11.69mg (58.47%), Vitamin B2: 0.91mg (53.41%), Phosphorus: 504.87mg (50.49%), Vitamin E: 7.13mg (47.51%), Magnesium: 181.3mg (45.33%), Potassium: 1275.87mg (36.45%), Copper:

0.69mg (34.55%), Zinc: 4.91mg (32.76%), Calcium: 240.36mg (24.04%), Vitamin B5: 2.01mg (20.13%), Vitamin D: 2.7µg (17.97%), Vitamin B12: 0.69µg (11.43%)