



## Catfish Tacos

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups angel hair coleslaw mix
- 8 servings avocado sliced
- 1 tablespoons cajun spice
- 15 ounce catfish fillet
- 6 to 8 corn tortillas
- 1.5 cups cornmeal
- 1 tablespoon dijon mustard
- 3 tablespoons cilantro leaves fresh minced

- 2 teaspoons optional: dill fresh chopped
- 1 clove garlic minced
- 3 green onions minced
- 1 teaspoon honey
- 3 teaspoons juice of lemon fresh
- 2 tablespoons juice of lime fresh ( 2 limes)
- 8 servings lime wedges
- 0.3 teaspoon cracked pepper black
- 4 radishes thinly sliced
- 0.5 cup onion red thinly sliced
- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 8 servings vegetable oil for frying

## Equipment

- bowl
- paper towels
- whisk
- dutch oven
- tongs

## Directions

- For the coleslaw: In a medium bowl, combine the coleslaw mix, red onions, radishes, and cilantro. In a small bowl, whisk together the lime juice, honey, salt, and pepper.
- Add to the coleslaw mixture, tossing gently to coat.
- For the remoulade: In a small bowl, combine the sour cream, garlic, green onions, mustard, lemon juice, and dill. Cover and refrigerate until needed.
- For the catfish: In a large Dutch oven, pour the oil to a depth of 2 inches and heat to 350 degrees F.

- Cut the catfish into strips.
- Combine and whisk together the cornmeal and Cajun seasoning. Coat the catfish strips in the cornmeal mixture.
- Fry the catfish, in batches if necessary, until golden brown, 2 to 3 minutes.
- Drain on paper towels.
- Place 2 to 3 catfish strips in the center of each Fried Taco Shell. Top each evenly with the coleslaw mixture. Dollop with the remoulade.
- Serve with sliced avocado and lime wedges, if desired.
- Heat the oil in a Dutch oven to 350 degrees F.
- Place the tortilla into the oil, folding into a taco shape using heatproof tongs. (You will have to hold its shape with the tongs while it fries.) Fry until golden brown, 2 to 3 minutes.
- Drain on paper towels.

## Nutrition Facts



■ **PROTEIN 13.29%**
■ **FAT 49.84%**
■ **CARBS 36.87%**

### Properties

Glycemic Index:66.78, Glycemic Load:18.61, Inflammation Score:-8, Nutrition Score:24.289565252221%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

### Nutrients (% of daily need)

Calories: 470.17kcal (23.51%), Fat: 27.12g (41.73%), Saturated Fat: 6.28g (39.28%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 32.99g (12%), Sugar: 4.65g (5.17%), Cholesterol: 47.79mg (15.93%), Sodium: 149.56mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Vitamin K: 57.3µg (54.58%), Fiber: 12.17g

(48.68%), Vitamin D: 6.64µg (44.3%), Phosphorus: 331.47mg (33.15%), Vitamin B6: 0.63mg (31.29%), Vitamin C: 24.46mg (29.65%), Folate: 117.28µg (29.32%), Potassium: 953.68mg (27.25%), Manganese: 0.52mg (25.77%), Magnesium: 98.49mg (24.62%), Vitamin B5: 2.21mg (22.07%), Vitamin B1: 0.32mg (21.63%), Vitamin B12: 1.25µg (20.76%), Vitamin B3: 4.03mg (20.13%), Vitamin E: 2.92mg (19.46%), Vitamin A: 870.23IU (17.4%), Selenium: 12.07µg (17.25%), Copper: 0.34mg (17.07%), Vitamin B2: 0.29mg (16.99%), Zinc: 2.34mg (15.57%), Iron: 2.33mg (12.92%), Calcium: 87.96mg (8.8%)