



Cornmeal-Crusted Catfish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 2 teaspoons cajun spice salt-free
- ☐ 24 ounce catfish filets
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cornmeal yellow

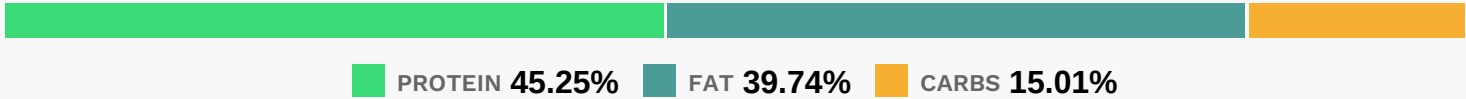
Equipment

- ☐ frying pan

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; reserve 2 teaspoons drippings in pan. Crumble bacon; reserve for another use.
- ☐ Combine cornmeal, seasoning, and salt in a shallow dish. Dredge fillets in cornmeal mixture, shaking off excess.
- ☐ Heat reserved drippings in pan over medium-high heat.
- ☐ Add fillets; cook 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:5.79, Inflammation Score:-6, Nutrition Score:18.706521783186%

Nutrients (% of daily need)

Calories: 284.1kcal (14.2%), Fat: 12.25g (18.85%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 8.82g (3.21%), Sugar: 0.31g (0.34%), Cholesterol: 109.55mg (36.52%), Sodium: 474.27mg (20.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.78%), Vitamin D: 21.33µg (142.19%), Vitamin B12: 3.88µg (64.59%), Phosphorus: 412.22mg (41.22%), Selenium: 25.61µg (36.58%), Vitamin B1: 0.45mg (29.72%), Vitamin B3: 4.34mg (21.68%), Potassium: 707.14mg (20.2%), Vitamin B6: 0.34mg (17.04%), Vitamin B5: 1.5mg (14.97%), Magnesium: 57.07mg (14.27%), Vitamin A: 583.69IU (11.67%), Zinc: 1.52mg (10.11%), Vitamin B2: 0.16mg (9.44%), Manganese: 0.15mg (7.3%), Iron: 1.19mg (6.6%), Fiber: 1.59g (6.38%), Folate: 22µg (5.5%), Copper: 0.1mg (5.21%), Calcium: 27.9mg (2.79%), Vitamin E: 0.41mg (2.74%), Vitamin C: 1.2mg (1.45%)