



HEALTH SCORE

53%

Cornmeal-Crusted Catfish Nuggets



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds catfish nuggets
- ☐ 0.8 cup self-rising corn meal mix
- ☐ 2 tablespoons paprika
- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons lawry's seasoned salt

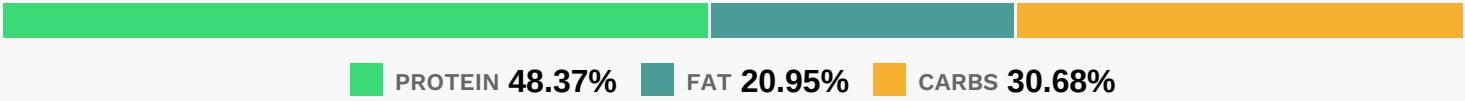
Equipment

- ☐ frying pan

Directions

☐ Stir together 3/4 cup cornmeal mix, 2 tablespoons paprika, 1 1/2 teaspoons seasoned salt, and 1 teaspoon pepper in a large shallow dish. Dredge 2 pounds catfish nuggets in cornmeal mixture; coat lightly with vegetable cooking spray. Cook catfish nuggets, in batches, in a hot nonstick skillet over medium heat 2 to 3 minutes or until golden, gently turning to brown each side.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:27.93826099064%

Nutrients (% of daily need)

Calories: 337.51kcal (16.88%), Fat: 7.77g (11.96%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 22.26g (8.09%), Sugar: 0.37g (0.41%), Cholesterol: 131.54mg (43.85%), Sodium: 1392.49mg (60.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.75%), Vitamin D: 28.35µg (189%), Vitamin B12: 5.06µg (84.29%), Phosphorus: 693.29mg (69.33%), Vitamin B1: 0.72mg (47.71%), Selenium: 28.82µg (41.18%), Vitamin A: 1931.5IU (38.63%), Vitamin B3: 6.34mg (31.7%), Potassium: 964.54mg (27.56%), Folate: 108.63µg (27.16%), Vitamin B6: 0.46mg (23.11%), Vitamin B2: 0.35mg (20.31%), Vitamin B5: 1.95mg (19.52%), Magnesium: 76.48mg (19.12%), Manganese: 0.34mg (17.14%), Iron: 3.05mg (16.97%), Calcium: 137.83mg (13.78%), Fiber: 3.36g (13.42%), Zinc: 1.76mg (11.73%), Copper: 0.15mg (7.68%), Vitamin E: 1.02mg (6.82%), Vitamin K: 3.63µg (3.46%), Vitamin C: 1.62mg (1.96%)