



Cornmeal-Crusted Catfish with Cajun Seasoning and Spicy Tartar Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large eggs
- 1 tbsp milk
- 0.3 cup cornmeal yellow
- 1 tsp chili powder
- 0.5 tsp ground pepper
- 0.5 tsp paprika smoked hot
- 0.5 tsp sea salt

- 20 oz catfish filets skinless
- 3 tbsp olive oil
- 4 servings sea salt
- 4 servings pepper black freshly ground
- 0.8 cup mayonnaise light
- 2 tbsp dill pickles finely chopped
- 1 tbsp jalapeno finely chopped
- 1 tbsp spring onion white green finely chopped (and parts)
- 1 tsp juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)
- 1 tsp juice of lemon fresh

Equipment

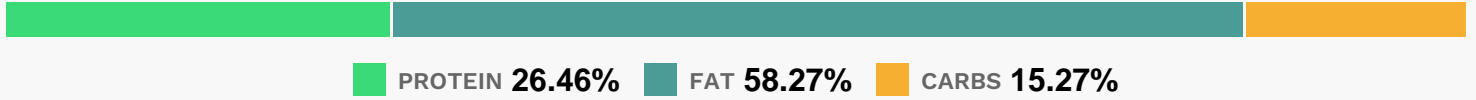
- bowl
- frying pan
- whisk

Directions

- Whisk the egg and milk in a medium bowl.
- Combine the cornmeal, chile powder, cayenne powder, paprika, and garlic in a large zip-top bag.
- Dip each catfish filet in the egg mixture.
- Let excess egg drip off and place the filets in the bag with the cornmeal mixture. Zip the top and shake the bag until all pieces are well coated.
- Remove the filets and lay side by side on a plate (do not overlap).
- Place in the refrigerator for 30 minutes. (Refrigeration helps keep the crust adhered during cooking.)
- While the fish chills, make the sauce.
- Whisk the first 6 ingredients (through lemon juice) in a small bowl. Season with salt and pepper and set aside.

- Heat a large, nonstick skillet over medium heat and add the olive oil. When the oil is hot (but not smoking), season the catfish filets with salt and pepper and add to the skillet. Fry until crispy on the outside and tender on the inside, 3–4 minutes per side, depending on thickness.
- Divide the fish among 4 plates and top each with a dollop of tartar sauce or pass the sauce at the table.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:5.95, Inflammation Score:-6, Nutrition Score:20.287826086957%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 406.34kcal (20.32%), Fat: 26.13g (40.21%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 13.5g (4.91%), Sugar: 2.35g (2.61%), Cholesterol: 135.88mg (45.29%), Sodium: 712.11mg (30.96%), Protein: 26.7g (53.41%), Vitamin D: 18.01µg (120.06%), Vitamin B12: 3.29µg (54.87%), Phosphorus: 368.89mg (36.89%), Selenium: 23.95µg (34.21%), Vitamin K: 35.25µg (33.57%), Vitamin B1: 0.36mg (23.93%), Vitamin E: 3.17mg (21.12%), Potassium: 638.36mg (18.24%), Vitamin B3: 3.24mg (16.2%), Vitamin B6: 0.32mg (15.91%), Vitamin B5: 1.43mg (14.28%), Magnesium: 53.28mg (13.32%), Vitamin A: 660.27IU (13.21%), Vitamin B2: 0.2mg (11.59%), Zinc: 1.42mg (9.45%), Manganese: 0.17mg (8.67%), Vitamin C: 6.54mg (7.93%), Iron: 1.43mg (7.93%), Fiber: 1.91g (7.64%), Folate: 29.79µg (7.45%), Copper: 0.12mg (5.76%), Calcium: 44.47mg (4.45%)