



# Country-Fried Catfish With Hush Puppies

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.8 pound dressed catfish
- ☐ 2 cups breadcrumbs dry fine
- ☐ 3 eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon pepper
- ☐ 2.3 teaspoons salt
- ☐ 12 servings tartar sauce
- ☐ 12 servings vegetable oil

- ☐ 12 servings hush puppies
- ☐ 12 servings hush puppies

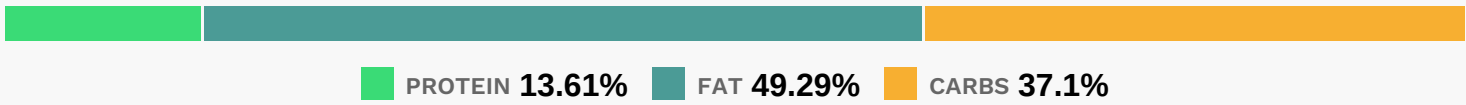
## Equipment

- ☐ mixing bowl

## Directions

- ☐ Rinse fish thoroughly in cold water; pat dry, and set aside.
- ☐ Combine flour and breadcrumbs in a large mixing bowl; set aside.
- ☐ Combine eggs, milk, salt, and pepper, mixing well. Dip fish in egg mixture, and dredge in flour mixture.
- ☐ Carefully drop fish into deep hot oil (375). Fry 12 minutes or until fish float to the top and are golden brown.
- ☐ Drain. Reserve oil for frying Hush Puppies.
- ☐ Transfer fish to a serving platter; garnish with green onion fans, if desired.
- ☐ Serve hot with tartar sauce and Hush Puppies.

## Nutrition Facts



## Properties

Glycemic Index:12.08, Glycemic Load:11.6, Inflammation Score:-3, Nutrition Score:11.281739179207%

## Nutrients (% of daily need)

Calories: 318.72kcal (15.94%), Fat: 17.34g (26.67%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 27.96g (10.17%), Sugar: 1.5g (1.67%), Cholesterol: 58.04mg (19.35%), Sodium: 604.63mg (26.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.54%), Vitamin B1: 0.4mg (26.98%), Selenium: 18.66µg (26.65%), Vitamin K: 27.69µg (26.37%), Vitamin D: 3.82µg (25.46%), Manganese: 0.33mg (16.53%), Folate: 65.45µg (16.36%), Vitamin B2: 0.25mg (14.92%), Vitamin B3: 2.98mg (14.9%), Phosphorus: 138.67mg (13.87%), Vitamin B12: 0.82µg (13.68%), Iron: 2.13mg (11.84%), Vitamin E: 1.31mg (8.72%), Vitamin B5: 0.6mg (5.97%), Fiber: 1.4g (5.59%), Calcium: 53.35mg (5.33%), Magnesium: 20.99mg (5.25%), Potassium: 183.75mg (5.25%), Zinc: 0.72mg (4.78%), Copper: 0.1mg (4.76%), Vitamin B6: 0.09mg (4.32%), Vitamin A: 83.92IU (1.68%)