



Creole Catfish Cakes

READY IN



45 min.

SERVINGS



8

CALORIES



399 kcal

Ingredients

- 2 cups breadcrumbs soft
- 0.3 cup butter
- 1 tablespoons butter
- 2 pounds catfish fillets
- 0.5 teaspoon mustard dry
- 0.8 cup flour all-purpose
- 0.5 cup green onions minced
- 0.5 teaspoon hot sauce
- 2 cups milk
- 0.5 teaspoon pepper

- 1.5 cups bell pepper diced red
- 0.8 teaspoon salt
- 1 tablespoons vegetable oil

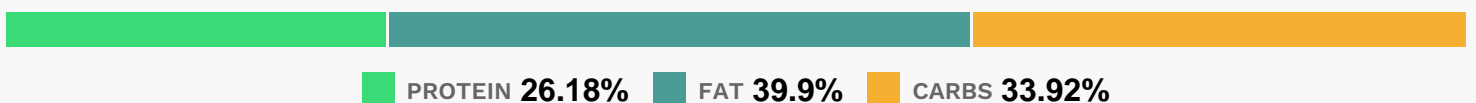
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- broiler pan

Directions

- Place fillets on a lightly greased rack in a broiler pan.
- Broil 5 inches from heat (with electric oven door partially open) 10 to 15 minutes or until fish flakes easily with a fork. Flake fillets in a large bowl; set aside.
- Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook, whisking constantly, 1 minute; gradually add milk, and cook over medium heat, whisking constantly, 8 minutes or until mixture is thickened and bubbly. Stir in salt, pepper, and mustard.
- Pour over fish.
- Stir in 1/2 cup breadcrumbs and next 3 ingredients; cover and chill at least 1 hour. Shape mixture by 1/4 cupfuls into patties, and coat with remaining 1 1/2 cups breadcrumbs.
- Melt 1 tablespoon butter with 1 tablespoon oil in a large nonstick skillet; fry patties in batches 3 minutes on each side or until lightly browned, adding oil and butter as needed.
- Serve with tartar sauce.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:8.01, Inflammation Score:-8, Nutrition Score:24.78217388236%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 399.49kcal (19.97%), Fat: 17.56g (27.02%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 31.26g (11.37%), Sugar: 5.97g (6.63%), Cholesterol: 73.09mg (24.36%), Sodium: 602.29mg (26.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.93g (51.86%), Vitamin D: 14.85µg (98.97%), Vitamin B12: 2.96µg (49.4%), Vitamin C: 37.95mg (46%), Vitamin B1: 0.65mg (43.08%), Selenium: 26.56µg (37.94%), Phosphorus: 369.23mg (36.92%), Vitamin A: 1494.6IU (29.89%), Vitamin B3: 5.03mg (25.13%), Vitamin B2: 0.37mg (21.54%), Manganese: 0.42mg (20.99%), Folate: 78.88µg (19.72%), Vitamin K: 19.65µg (18.71%), Potassium: 646.82mg (18.48%), Calcium: 152.93mg (15.29%), Vitamin B6: 0.29mg (14.7%), Vitamin B5: 1.4mg (14.01%), Iron: 2.43mg (13.49%), Magnesium: 53.22mg (13.31%), Zinc: 1.41mg (9.37%), Fiber: 2.33g (9.31%), Copper: 0.14mg (6.88%), Vitamin E: 1.03mg (6.86%)