



Crispy Lemon Catfish

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 16 oz catfish filets
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon lemon zest loosely packed
- ☐ 0.8 cup milk
- ☐ 1 cup potatoes instant
- ☐ 4 servings coleslaw mix
- ☐ 4 servings vegetable oil

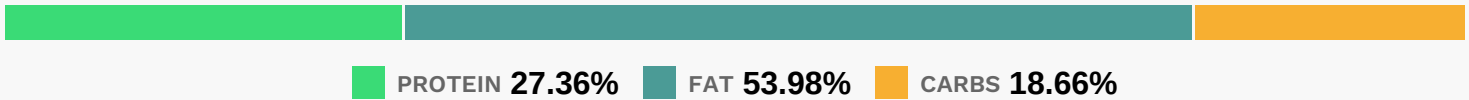
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wire rack

Directions

- ☐ Pour oil to depth of 1 inch into a large deep skillet; heat to 35
- ☐ Stir together potato flakes and lemon zest.
- ☐ Sprinkle catfish with salt and pepper. Dip catfish in milk; dredge in potato flake mixture, pressing gently to adhere.
- ☐ Fry catfish, in batches, 3 to 5 minutes on each side or until golden brown and fish just flakes with a fork.
- ☐ Drain on a wire rack over paper towels.
- ☐ Serve with Marinated Slaw.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.86, Inflammation Score:-4, Nutrition Score:17.226086844569%

Nutrients (% of daily need)

Calories: 313.03kcal (15.65%), Fat: 18.73g (28.82%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 13.47g (4.9%), Sugar: 2.75g (3.05%), Cholesterol: 71.26mg (23.75%), Sodium: 372.68mg (16.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.74%), Vitamin D: 14.68µg (97.85%), Vitamin B12: 2.78µg (46.26%), Phosphorus: 307.29mg (30.73%), Vitamin B1: 0.41mg (27.53%), Vitamin K: 28.36µg (27.01%), Selenium: 17.19µg (24.55%), Potassium: 644.77mg (18.42%), Vitamin C: 13.63mg (16.52%), Vitamin B3: 3.16mg (15.78%), Vitamin B6: 0.27mg (13.7%), Vitamin B5: 1.36mg (13.56%), Magnesium: 42.06mg (10.52%), Vitamin B2: 0.16mg (9.55%), Vitamin E: 1.18mg (7.85%), Calcium: 78.22mg (7.82%), Zinc: 0.88mg (5.85%), Folate: 18.74µg (4.69%), Manganese: 0.09mg (4.43%), Fiber: 1.1g (4.42%), Copper: 0.07mg (3.36%), Iron: 0.56mg (3.1%), Vitamin A: 134.94IU (2.7%)