



Crispy Pan-Fried Catfish

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg whites lightly beaten
- ☐ 16 ounce catfish filets
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon water
- ☐ 0.3 cup cornmeal yellow

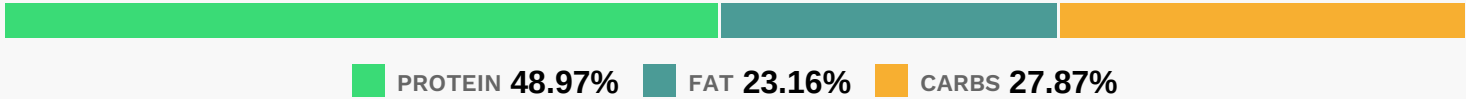
Equipment

- ☐ frying pan

Directions

- ☐ Combine egg white and water; stir well, and set aside.
- ☐ Combine cornmeal and next 3 ingredients; set aside. Dredge fillets in flour; dip in egg white mixture, and dredge in cornmeal mixture.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add fillets; cook 3 minutes on each side or until fish flakes easily when tested with a fork. If desired, sprinkle with chopped fresh thyme and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:55.13, Glycemic Load:7.53, Inflammation Score:-9, Nutrition Score:14.537826233584%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 182.87kcal (9.14%), Fat: 4.58g (7.05%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 11.05g (4.02%), Sugar: 0.23g (0.25%), Cholesterol: 67.95mg (22.65%), Sodium: 105.84mg (4.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Vitamin D: 14.19µg (94.58%), Vitamin B12: 2.57µg (42.82%), Phosphorus: 284.46mg (28.45%), Selenium: 19.17µg (27.39%), Vitamin B1: 0.31mg (20.94%), Vitamin B3: 2.78mg (13.92%), Potassium: 473.13mg (13.52%), Magnesium: 42.7mg (10.68%), Vitamin B6: 0.2mg (10.08%), Vitamin B2: 0.17mg (9.92%), Vitamin B5: 0.98mg (9.83%), Manganese: 0.18mg (8.97%), Zinc: 1.07mg (7.13%), Iron: 1.23mg (6.85%), Folate: 26.27µg (6.57%), Fiber: 1.36g (5.45%), Calcium: 47.69mg (4.77%), Vitamin C: 3.6mg (4.36%), Copper: 0.09mg (4.27%), Vitamin A: 162.15IU (3.24%)