



Crunchy Catfish

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce catfish fillets fresh
- 3 tablespoons dijon mustard
- 1 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 1 tablespoon milk
- 0.3 teaspoon pepper
- 1 cup pretzels coarsely chopped
- 0.3 cup vegetable oil

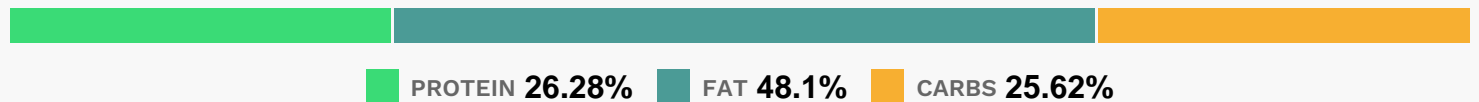
Equipment

whisk

Directions

- Whisk together first 4 ingredients. Dredge fish in flour, dip in mustard mixture, and coat with pretzels.
- Cook fish, in batches, in hot oil over medium heat 3 to 4 minutes on each side or until golden and fish flakes with a fork.
- Serve with lemon slices, if desired.
- *4 (4-ounce) frozen catfish fillets, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:17.21, Inflammation Score:-4, Nutrition Score:18.314347889112%

Nutrients (% of daily need)

Calories: 360.71kcal (18.04%), Fat: 19.18g (29.51%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 21.58g (7.85%), Sugar: 0.85g (0.94%), Cholesterol: 112.72mg (37.57%), Sodium: 439.87mg (19.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.57g (47.14%), Vitamin D: 14.47µg (96.44%), Vitamin B12: 2.66µg (44.34%), Selenium: 25.56µg (36.51%), Phosphorus: 311.92mg (31.19%), Vitamin B1: 0.41mg (27.52%), Vitamin K: 26.06µg (24.82%), Vitamin B3: 3.76mg (18.78%), Folate: 68.52µg (17.13%), Manganese: 0.33mg (16.74%), Vitamin B2: 0.26mg (15.09%), Potassium: 500.34mg (14.3%), Vitamin B5: 1.21mg (12.1%), Iron: 2.03mg (11.28%), Magnesium: 41.16mg (10.29%), Vitamin E: 1.39mg (9.25%), Vitamin B6: 0.18mg (9.07%), Zinc: 1.09mg (7.27%), Fiber: 1.41g (5.63%), Copper: 0.1mg (5%), Calcium: 41.7mg (4.17%), Vitamin A: 138.95IU (2.78%), Vitamin C: 1.26mg (1.53%)