



## Crunchy Catfish Fingers with Curried Rice

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 ounce catfish fillets
- 2 cups corn cereal squares crispy crushed ( 5 cups uncrushed)
- 0.3 cup cornstarch
- 2 tablespoons dijon mustard
- 1.5 cups milk fat-free
- 0.5 teaspoon pepper
- 8 servings curried rice
- 0.8 teaspoon lawry's seasoned salt divided

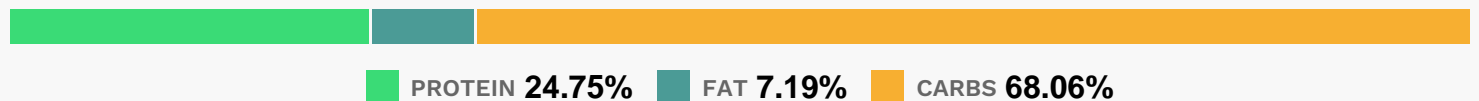
## Equipment

- oven
- whisk
- wire rack
- aluminum foil
- broiler pan

## Directions

- Cut each fillet lengthwise into 3 strips.
- Sprinkle fish evenly with 1/2 teaspoon seasoned salt.
- Whisk together milk and mustard.
- Combine crushed cereal, cornstarch, pepper, and remaining 1/4 teaspoon seasoned salt. Dip fish in milk mixture; dredge in cereal mixture. Arrange fish fingers on a wire rack coated with cooking spray.
- Place rack in an aluminum foil-lined broiler pan. Lightly coat fish with cooking spray.
- Bake at 375 for 20 to 22 minutes or until fish flakes with a fork.
- Serve with Curried Rice.
- Note: For testing purposes only, we used Corn Chex cereal.

## Nutrition Facts



## Properties

Glycemic Index:19.8, Glycemic Load:1.26, Inflammation Score:-3, Nutrition Score:6.0252173581849%

## Nutrients (% of daily need)

Calories: 75.57kcal (3.78%), Fat: 0.6g (0.93%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 12.39g (4.51%), Sugar: 3.04g (3.38%), Cholesterol: 9.6mg (3.2%), Sodium: 335.66mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.35%), Vitamin D: 2.53µg (16.86%), Vitamin B12: 0.93µg (15.54%), Iron: 2.17mg (12.03%), Vitamin B2: 0.18mg (10.59%), Vitamin B1: 0.16mg (10.48%), Phosphorus: 91.84mg

(9.18%), Vitamin B6: 0.17mg (8.65%), Vitamin B3: 1.62mg (8.08%), Folate: 27.69µg (6.92%), Selenium: 4.83µg (6.9%), Calcium: 66.38mg (6.64%), Vitamin A: 229.17IU (4.58%), Potassium: 147.82mg (4.22%), Magnesium: 13.89mg (3.47%), Vitamin B5: 0.31mg (3.12%), Manganese: 0.06mg (3.09%), Zinc: 0.39mg (2.59%), Vitamin C: 1.58mg (1.92%), Fiber: 0.47g (1.89%), Copper: 0.03mg (1.42%)