



Daphne Lodge Fried Catfish And Hush Puppies

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



829 kcal

SIDE DISH

Ingredients

- ☐ 2 cups buttermilk
- ☐ 3 pound dressed catfish
- ☐ 2 cups cornmeal
- ☐ 4 servings lemon wedges
- ☐ 1 teaspoon salt
- ☐ 4 servings tartar sauce
- ☐ 4 servings vegetable oil

- ☐ 4 servings hush puppies
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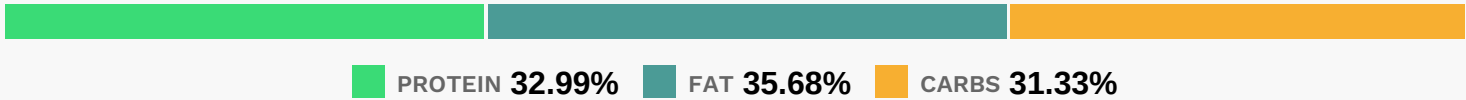
Equipment

- ☐ paper towels

Directions

- ☐ Rinse fish thoroughly in cold water, and pat dry.
- ☐ Combine cornmeal and salt. Dip fish in buttermilk, and dredge in cornmeal mixture.
- ☐ Carefully drop fish into deep hot oil (350). Fry until fish float to the top and are golden brown; drain well on paper towels. Reserve hot oil for frying Hush Puppies.
- ☐ Transfer fish to a warm serving platter, and garnish with lemon wedges.
- ☐ Serve immediately with tartar sauce and Hush Puppies.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:36.41, Inflammation Score:-7, Nutrition Score:38.960869664731%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 829.02kcal (41.45%), Fat: 32.41g (49.86%), Saturated Fat: 7.73g (48.34%), Carbohydrates: 64.04g (21.35%), Net Carbohydrates: 56.53g (20.56%), Sugar: 7.16g (7.96%), Cholesterol: 210.58mg (70.19%), Sodium: 863.52mg (37.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.43g (134.86%), Vitamin D: 44.08µg (293.9%), Vitamin B12: 8.14µg (135.64%), Phosphorus: 992.21mg (99.22%), Selenium: 52.09µg (74.41%), Vitamin B1: 1.01mg (67.32%), Potassium: 1638.07mg (46.8%), Vitamin B6: 0.91mg (45.41%), Magnesium: 175.46mg (43.87%), Vitamin B3: 8.56mg (42.81%), Vitamin B5: 3.53mg (35.34%), Zinc: 4.66mg (31.06%), Vitamin B2: 0.53mg (30.93%), Manganese: 0.6mg (30.12%), Fiber: 7.51g (30.02%), Vitamin K: 26.77µg (25.49%), Iron: 3.45mg (19.17%), Calcium: 191.28mg (19.13%), Copper: 0.34mg (16.96%), Folate: 67.21µg (16.8%), Vitamin E: 1.54mg (10.28%), Vitamin A:

369.97IU (7.4%), Vitamin C: 2.93mg (3.56%)