



HEALTH SCORE

59%

## Fried Catfish



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



5027 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 fillet catfish filets
- ☐ 2 cups flour with 1 teaspoon seafood seasoning all-purpose
- ☐ 1 teaspoon ground pepper
- ☐ 1 juice of lemon juiced
- ☐ 2 cups milk
- ☐ 1 tablessoon salt
- ☐ 2 quarts vegetable oil
- ☐ 2 cups cornmeal white

☐ 4 eggs whole

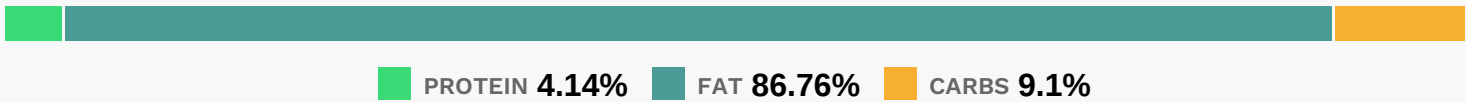
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat theoil in a deep saucepot or small fryer to 350 degreesF.
- ☐ Next, in a bowl, whisk together theeegs and milk, ensuring to mix well. Then place in a shallow pan.
- ☐ To bread the fish, evenly sprinkleboth sides of thefillets with the salt and pepper, then dip in the seasonedflour and tap off anyexcess. Follow withtheegg wash and finish with thecornmeal. The breading should be evenly over the fillets. Proceed to place in theheated oil and cook for 3 minutes. Then flip and finish for 2 minutes. The crust should be golden brown and crisp.Then remove from theoil and place on apaper-towel-lined platter.
- ☐ To finish, drizzle with lemon juice and serve.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:36.73, Inflammation Score:-9, Nutrition Score:50.694347630376%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 5027.32kcal (251.37%), Fat: 490.71g (754.94%), Saturated Fat: 77.82g (486.39%), Carbohydrates: 115.87g (38.62%), Net Carbohydrates: 105.77g (38.46%), Sugar: 7.55g (8.39%), Cholesterol: 276.92mg (92.31%), Sodium: 186.54mg (8.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.66g (105.33%), Vitamin K: 871.99µg

(830.47%), Vitamin E: 39.58mg (263.85%), Vitamin D: 23.47µg (156.48%), Phosphorus: 857.13mg (85.71%), Selenium: 58.47µg (83.52%), Vitamin B12: 4.84µg (80.69%), Vitamin B1: 1.18mg (78.82%), Vitamin B2: 0.91mg (53.62%), Manganese: 1.06mg (53.21%), Vitamin B5: 4.7mg (47%), Vitamin B3: 9.33mg (46.66%), Folate: 179.08µg (44.77%), Magnesium: 173.45mg (43.36%), Vitamin B6: 0.84mg (42.12%), Iron: 7.34mg (40.79%), Fiber: 10.1g (40.42%), Potassium: 1285.75mg (36.74%), Zinc: 4.96mg (33.05%), Calcium: 219.29mg (21.93%), Copper: 0.36mg (18.13%), Vitamin A: 523.42IU (10.47%), Vitamin C: 4.09mg (4.96%)