



Fried Catfish

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 30 ounce catfish filets
- ☐ 0.5 teaspoon ground pepper
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 3 tablespoons kosher salt divided
- ☐ 3 tablespoons hot sauce hot

- ☐ 3 cups vegetable oil ()
- ☐ 1.5 cups cornmeal white

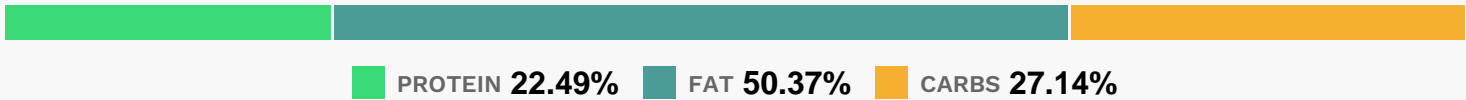
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Whisk 3 tablespoons salt, hot pepper sauce, and 8 cups hot water in a large bowl until salt dissolves. Chill in freezer until cold, about 30 minutes.
- ☐ Place catfish in brine, cover, and refrigerate for 3 hours.
- ☐ Whisk cornmeal, next 5 ingredients, and remaining 3/4 teaspoon salt in a medium bowl. Attach deep-fry thermometer to the side of a 10" cast-iron skillet or other large heavy skillet.
- ☐ Add oil to come a little less than halfway up side of skillet.
- ☐ Heat over medium heat until thermometer reads 335°F.
- ☐ Rinse catfish; pat dry. Dredge catfish in cornmeal mixture, shaking off excess. Working with 2 fillets at a time, fry catfish, turning halfway through, until golden brown and crispy, 10–12 minutes per batch.
- ☐ Transfer fish to paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:1.87, Inflammation Score:-6, Nutrition Score:22.727391336275%

Nutrients (% of daily need)

Calories: 499.3kcal (24.96%), Fat: 27.89g (42.91%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 29.42g (10.7%), Sugar: 0.7g (0.78%), Cholesterol: 82.21mg (27.4%), Sodium: 3899.69mg (169.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.03%), Vitamin D: 17.72µg (118.12%), Vitamin B12: 3.16µg (52.68%), Phosphorus: 450.57mg (45.06%), Vitamin K: 41.09µg (39.14%), Vitamin B1: 0.45mg (29.73%), Selenium: 18.87µg (26.96%), Magnesium: 84.91mg (21.23%), Vitamin B6: 0.42mg (21.04%), Vitamin B5: 2.1mg (21.01%), Potassium: 710.39mg (20.3%), Vitamin B3: 4mg (20.01%), Manganese: 0.37mg (18.62%), Fiber: 4.4g (17.6%), Zinc: 2.07mg (13.78%), Vitamin E: 2mg (13.31%), Iron: 2.37mg (13.17%), Calcium: 127.32mg (12.73%), Vitamin B2: 0.18mg (10.41%), Folate: 32.33µg (8.08%), Copper: 0.15mg (7.56%), Vitamin C: 5.99mg (7.26%), Vitamin A: 152.58IU (3.05%)