



## Fried-Catfish Rolls

READY IN



30 min.

SERVINGS



4

CALORIES



459 kcal

BREAD

### Ingredients

- 1 pound catfish fillets cut into 1/2-inch chunks
- 1 stalk celery thinly sliced
- 0.5 cup flour instant (such as Wondra)
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoons pickling liquid sliced for garnish
- 0.5 cup mayonnaise
- 1 package count potato buns miniature (do not separate)
- 2 scallions roughly chopped
- 1 serrano peppers diced for less heat (remove seeds )

- 1 large tomatoes ripe thinly sliced
- 2 tablespoons butter unsalted melted
- 4 servings vegetable oil for frying

## Equipment

- bowl
- oven
- pot
- sieve
- blender
- kitchen thermometer
- broiler
- slotted spoon

## Directions

- Heat about 2 inches of oil in a heavy-bottomed pot over medium heat until a deep-fry thermometer registers 350 degrees.
- Combine the jalapeno, scallions, mayonnaise and pickling liquid in a blender; puree until almost smooth. Season with salt and pepper.
- Place the flour in a bowl and season with salt and pepper. Dredge the catfish in the flour; shake off any excess in a strainer. Working in batches, fry the fish until lightly golden and just cooked through, about 1 minute.
- Remove from the oil with a slotted spoon and drain on a paper-towel-lined plate; let cool. Preheat the broiler.
- While the fish cools, divide the buns into four 3-roll rows (they'll look like hot dog buns). Split open down the center; brush the tops and insides with the melted butter; broil until golden, 1 to 2 minutes.
- Toss the fried catfish with the spiced mayonnaise; divide among the buns.
- Garnish with tomato, pickles and celery.
- Photograph by Antonis Achilleos

# Nutrition Facts

PROTEIN 18.52% FAT 64.75% CARBS 16.73%

## Properties

Glycemic Index:69.82, Glycemic Load:11.56, Inflammation Score:-7, Nutrition Score:19.719130329464%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 458.51kcal (22.93%), Fat: 32.91g (50.62%), Saturated Fat: 8.16g (51.01%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 17.78g (6.47%), Sugar: 6.07g (6.74%), Cholesterol: 92.58mg (30.86%), Sodium: 433.88mg (18.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.18g (42.35%), Vitamin D: 14.34µg (95.57%), Vitamin K: 70.45µg (67.09%), Vitamin B12: 2.57µg (42.9%), Selenium: 20.42µg (29.18%), Phosphorus: 277.79mg (27.78%), Vitamin B1: 0.39mg (25.89%), Vitamin B3: 3.47mg (17.33%), Potassium: 587.7mg (16.79%), Vitamin A: 747.62IU (14.95%), Folate: 56.63µg (14.16%), Vitamin B2: 0.19mg (11.16%), Vitamin C: 9.16mg (11.11%), Vitamin E: 1.64mg (10.9%), Manganese: 0.22mg (10.82%), Vitamin B5: 1.07mg (10.68%), Vitamin B6: 0.2mg (9.86%), Magnesium: 37.68mg (9.42%), Iron: 1.4mg (7.79%), Zinc: 0.87mg (5.77%), Fiber: 1.35g (5.42%), Copper: 0.11mg (5.34%), Calcium: 36.32mg (3.63%)