



Fried Catfish Sandwiches

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds catfish fillets
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper red
- ☐ 4 servings lettuce leaves
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons salt
- ☐ 4 onion sandwich buns split toasted

- ☐ 4 servings tartar sauce
- ☐ 4 servings vegetable oil
- ☐ 0.8 cup cornmeal yellow

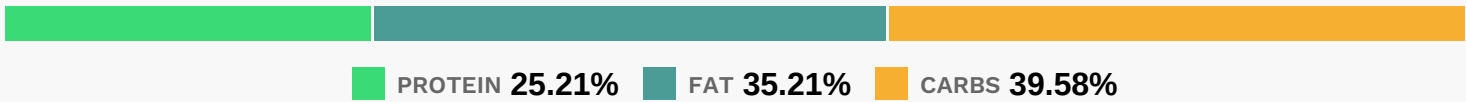
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Combine first 5 ingredients in a large shallow dish.
- ☐ Sprinkle fish with salt; dredge in flour mixture, coating well.
- ☐ Pour oil to a depth of 3 inches in a Dutch oven; heat to 35
- ☐ Fry fish 4 to 5 minutes on each side or until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve on sandwich buns with cocktail sauce, lettuce, and, if desired, tomato.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:17.33, Inflammation Score:-9, Nutrition Score:30.585652392843%

Nutrients (% of daily need)

Calories: 603.2kcal (30.16%), Fat: 23.33g (35.9%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 59.01g (19.67%), Net Carbohydrates: 54.28g (19.74%), Sugar: 1.83g (2.04%), Cholesterol: 98.73mg (32.91%), Sodium: 1706.31mg (74.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.59g (75.18%), Vitamin D: 21.26µg (141.75%), Selenium: 48.4µg (69.15%), Vitamin B12: 3.79µg (63.22%), Vitamin B1: 0.81mg (53.8%), Phosphorus: 497.39mg (49.74%), Vitamin A: 2071.71IU (41.43%), Vitamin B3: 7mg (35%), Manganese: 0.64mg (31.87%), Folate: 105.38µg (26.35%), Vitamin K: 27.08µg (25.79%), Vitamin B2: 0.41mg (24.09%), Potassium: 834.68mg (23.85%), Magnesium: 92.25mg (23.06%), Vitamin B6: 0.44mg (21.82%), Iron: 3.92mg (21.75%), Fiber: 4.72g (18.89%), Vitamin B5: 1.75mg (17.49%), Zinc: 2.45mg (16.35%), Copper: 0.24mg (11.91%), Vitamin E: 1.74mg (11.59%), Calcium: 91.52mg (9.15%), Vitamin C: 5.92mg (7.17%)