



## Fried-Catfish Sandwiches with Spicy Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 pounds catfish fillets
- ☐ 0.1 teaspoon cayenne
- ☐ 0.3 cup cooking oil
- ☐ 0.8 cup cornmeal
- ☐ 4 large crusty rolls split
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 eggs beaten

- ☐ 3 cups tender greens such as spinach or leaf lettuce ( 2 ounces)
- ☐ 0.8 teaspoon fresh-ground pepper black
- ☐ 0.5 cup mayonnaise
- ☐ 1.3 teaspoons salt

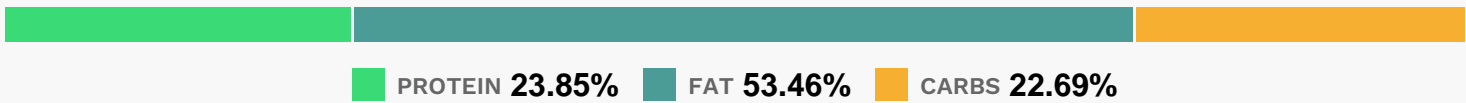
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ In a small bowl, combine the mayonnaise, 1/2 teaspoon of the black pepper, and the cayenne.
- ☐ Spread the mayonnaise mixture on the rolls.
- ☐ In a shallow bowl, combine the cornmeal with the salt, thyme, and the remaining 1/4 teaspoon black pepper. Dip the fillets into the beaten eggs and then into the seasoned cornmeal. Shake off the excess cornmeal.
- ☐ In a large nonstick frying pan, heat the oil over moderate heat.
- ☐ Add the cornmeal-coated fish and fry, turning once, until golden on the outside and just done in the center, about 4 minutes per side for 3/4-inch-thick fillets.
- ☐ Drain the fish on paper towels. Sandwich the catfish and greens in the rolls.
- ☐ Fish Alternatives: Substitute moderately firm, lean fillets for the catfish. Scrod, rockfish, ocean perch, haddock, or tilefish are good options.
- ☐ Wine Recommendation: These laid-back catfish sandwiches will be great with beer or with a straightforward, gulpable red wine. Choose a gamay from California or a Beaujolais from France, which is also made from the gamay grape. Chill the wine slightly for maximum enjoyment.

## Nutrition Facts



## Properties

Glycemic Index:45.63, Glycemic Load:13.1, Inflammation Score:-8, Nutrition Score:34.158261008885%

Nutrients (% of daily need)

Calories: 800.95kcal (40.05%), Fat: 47.09g (72.44%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 44.96g (14.99%), Net Carbohydrates: 40.62g (14.77%), Sugar: 0.85g (0.94%), Cholesterol: 225.14mg (75.05%), Sodium: 1289.25mg (56.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.26g (94.51%), Vitamin D: 28.85µg (192.3%), Vitamin B12: 5.29µg (88.12%), Selenium: 49.91µg (71.3%), Phosphorus: 639.37mg (63.94%), Vitamin K: 59.33µg (56.5%), Vitamin B1: 0.81mg (54.16%), Vitamin B3: 7.13mg (35.65%), Manganese: 0.6mg (30.06%), Potassium: 1051.92mg (30.05%), Folate: 104.72µg (26.18%), Vitamin B6: 0.52mg (26.13%), Vitamin B2: 0.44mg (26.04%), Vitamin E: 3.87mg (25.8%), Vitamin B5: 2.53mg (25.33%), Magnesium: 99.91mg (24.98%), Iron: 3.57mg (19.84%), Zinc: 2.87mg (19.15%), Fiber: 4.34g (17.35%), Copper: 0.25mg (12.52%), Vitamin A: 624.01IU (12.48%), Vitamin C: 8.66mg (10.49%), Calcium: 95.7mg (9.57%)