



Fried Catfish with Pickled Peppers

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 24 oz catfish filets
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 4 servings pasilla peppers
- ☐ 2.3 teaspoons salt
- ☐ 4 servings vegetable oil
- ☐ 1.5 cups cornmeal plain yellow

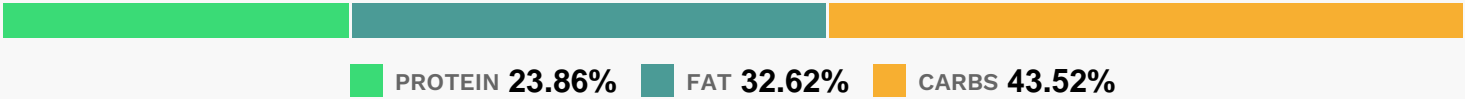
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Combine flour and 1 tsp. each salt and pepper in a shallow dish.
- ☐ Whisk together eggs and 2 Tbsp. water in another dish.
- ☐ Combine cornmeal, 1 tsp. salt, and remaining 1 tsp. pepper in a third dish.
- ☐ Sprinkle catfish with remaining 1/4 tsp. salt. Dredge fillets, 1 at a time, in flour mixture, shaking off excess; dip in egg mixture, and dredge in cornmeal mixture, shaking off excess.
- ☐ Place on a wire rack in a jelly-roll pan.
- ☐ Pour oil to depth of 2 inches in a cast-iron Dutch oven.
- ☐ Heat over medium-high heat to 35
- ☐ Fry fillets, 2 at a time, in hot oil 6 minutes or until done.
- ☐ Drain on a wire rack over paper towels.
- ☐ Serve with Pickled Peppers.

Nutrition Facts



Properties

Glycemic Index:46.38, Glycemic Load:52.11, Inflammation Score:-8, Nutrition Score:39.248695311339%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 770.85kcal (38.54%), Fat: 27.65g (42.54%), Saturated Fat: 5.67g (35.45%), Carbohydrates: 83g (27.67%), Net Carbohydrates: 74.86g (27.22%), Sugar: 2.68g (2.97%), Cholesterol: 284.66mg (94.89%), Sodium: 1457.53mg (63.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.49g (90.99%), Vitamin D: 22.26µg (148.41%), Selenium: 56.3µg (80.43%), Vitamin B12: 4.24µg (70.64%), Phosphorus: 652.76mg (65.28%), Vitamin B1: 0.96mg (63.94%), Vitamin C: 49.03mg (59.43%), Manganese: 0.96mg (48.1%), Vitamin B6: 0.79mg (39.55%), Vitamin B3: 7.82mg (39.09%), Vitamin B2: 0.66mg (38.61%), Folate: 152.68µg (38.17%), Fiber: 8.13g (32.54%), Magnesium: 126.93mg (31.73%), Iron: 5.66mg (31.42%), Vitamin K: 32.2µg (30.66%), Potassium: 1037.78mg (29.65%), Vitamin B5: 2.7mg (27.01%), Zinc: 3.78mg (25.21%), Copper: 0.36mg (17.96%), Vitamin E: 2.15mg (14.33%), Vitamin A: 580.67IU (11.61%), Calcium: 73.61mg (7.36%)