



Fried Lemon-Rosemary Catfish

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce catfish fillets
- ☐ 2 medium eggs beaten
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons garlic fresh minced
- ☐ 1 large optional: lemon
- ☐ 1 slices garnishes: lemon rosemary sprigs fresh
- ☐ 0.3 cup milk
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 2 cups cornmeal yellow
- ☐ 1 large dupont teflon non-stick skillet

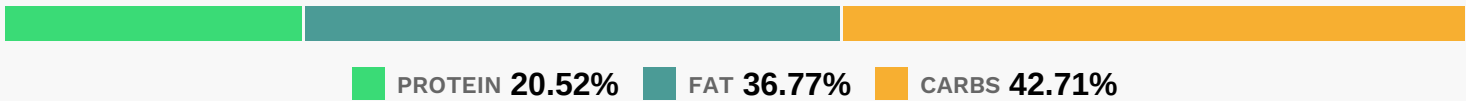
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Grate lemon rind from lemon, avoiding the pale bitter pith, into a large bowl; squeeze lemon juice into bowl. Stir in milk and next 3 ingredients until blended.
- ☐ Rinse fillets, and pat dry with paper towels.
- ☐ Add fillets to lemon mixture in bowl; cover and chill 1 hour.
- ☐ Place cornmeal on a large plate or in a large shallow dish. Turn fillets in lemon mixture until thoroughly coated; dredge in cornmeal, coating evenly.
- ☐ Cook fillets in hot oil in skillet over medium-high heat 4 minutes on each side or until browned.
- ☐ Remove from skillet.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:46.88, Glycemic Load:35.7, Inflammation Score:-7, Nutrition Score:26.249999709751%

Flavonoids

Eriodictyol: 6.14mg, Eriodictyol: 6.14mg, Eriodictyol: 6.14mg, Eriodictyol: 6.14mg Hesperetin: 8.02mg, Hesperetin: 8.02mg, Hesperetin: 8.02mg, Hesperetin: 8.02mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin:

0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 588.57kcal (29.43%), Fat: 24.12g (37.1%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 63.04g (21.01%), Net Carbohydrates: 54.53g (19.83%), Sugar: 2.81g (3.13%), Cholesterol: 149.44mg (49.81%), Sodium: 90.76mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.56%), Vitamin D: 14.78µg (98.55%), Phosphorus: 486.22mg (48.62%), Vitamin B12: 2.81µg (46.78%), Selenium: 26.78µg (38.26%), Vitamin B6: 0.72mg (36.16%), Vitamin B1: 0.51mg (34.26%), Fiber: 8.5g (34.01%), Manganese: 0.63mg (31.49%), Magnesium: 119.83mg (29.96%), Zinc: 3.46mg (23.08%), Potassium: 777.72mg (22.22%), Vitamin C: 17.5mg (21.21%), Vitamin B3: 4.22mg (21.12%), Iron: 3.48mg (19.36%), Vitamin B5: 1.82mg (18.21%), Vitamin B2: 0.29mg (16.99%), Vitamin E: 2.52mg (16.82%), Copper: 0.27mg (13.63%), Folate: 53.08µg (13.27%), Vitamin K: 8.47µg (8.06%), Calcium: 69.74mg (6.97%), Vitamin A: 236.13IU (4.72%)