



Jim's Mild Spicy Catfish

 **Gluten Free**

READY IN



25 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce fillets catfish
- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 1 cup cornmeal
- ☐ 2 eggs beaten
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup milk
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon paprika

☐ 2 tablespoons vegetable oil

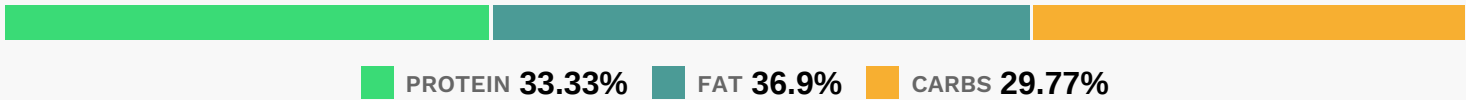
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix cornmeal, paprika, onion powder, garlic powder, and cayenne pepper on a plate.
- ☐ Beat milk and eggs together in a bowl. Dip catfish fillets in milk mixture, then gently press fillets into cornmeal mixture, coating both sides. Shake off excess breading.
- ☐ Heat vegetable oil in a large skillet; pan-fry catfish in hot oil until the fish is golden brown and flakes easily with a fork, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:12.27, Inflammation Score:-5, Nutrition Score:18.062173941861%

Nutrients (% of daily need)

Calories: 297.54kcal (14.88%), Fat: 12.05g (18.53%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 19.19g (6.98%), Sugar: 2.48g (2.76%), Cholesterol: 125.21mg (41.74%), Sodium: 86.62mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.48g (48.97%), Vitamin D: 14.92µg (99.44%), Vitamin B12: 2.88µg (47.98%), Phosphorus: 369.6mg (36.96%), Selenium: 21.27µg (30.38%), Vitamin B1: 0.35mg (23.3%), Vitamin B6: 0.35mg (17.61%), Potassium: 586.44mg (16.76%), Magnesium: 62.18mg (15.54%), Vitamin B3: 2.91mg (14.57%), Vitamin B5: 1.41mg (14.13%), Vitamin B2: 0.23mg (13.81%), Zinc: 1.79mg (11.91%), Manganese: 0.22mg (10.78%), Fiber: 2.68g (10.71%), Vitamin K: 8.9µg (8.47%), Iron: 1.49mg (8.27%), Vitamin A: 400.63IU (8.01%), Calcium: 77.42mg (7.74%), Folate: 27.72µg (6.93%), Copper: 0.12mg (5.93%), Vitamin E: 0.77mg (5.11%), Vitamin C: 0.9mg (1.09%)