



Mustard Fried Catfish with Tomato Relish

READY IN



150 min.

SERVINGS



4

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cornmeal
- ☐ 1 teaspoon crab boil seasoning such as oldbay
- ☐ 0.5 cup dijon mustard
- ☐ 24 ounce u.s. farm-raised catfish fillets
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 2 cloves garlic chopped
- ☐ 2 green onions chopped

- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 jalapeño minced seeded
- ☐ 1 juice of lemon
- ☐ 1 juice of lime
- ☐ 4 servings oil for frying
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomatoes diced seeded

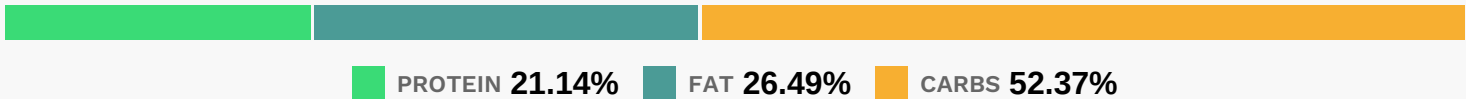
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ deep fryer

Directions

- ☐ Sprinkle the fish with the olive oil, salt and pepper, and place into a deep dish. In a small bowl, combine the mustard and thyme.
- ☐ Mix together and spread onto both sides of the fish. Top with the lemon zest and juice. Put in the fridge to marinate for 2 to 3 hours.
- ☐ Preheat a deep fryer to 350 degrees F.
- ☐ In a small bowl, combine the cornmeal and flour together.
- ☐ Sprinkle the crab boil seasoning on top of the fish and dredge in the cornmeal mixture.
- ☐ Place in the deep fryer for 3 to 4 minutes, and then remove to paper towels.
- ☐ Serve with Tomato Relish.
- ☐ In a small bowl, combine the tomatoes, cilantro, garlic, onions, jalapeno and lime zest and juice. Cover and chill for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:104.13, Glycemic Load:61.77, Inflammation Score:-10, Nutrition Score:35.657826112664%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 780.53kcal (39.03%), Fat: 22.9g (35.22%), Saturated Fat: 3.96g (24.77%), Carbohydrates: 101.86g (33.95%), Net Carbohydrates: 89.97g (32.71%), Sugar: 4.4g (4.89%), Cholesterol: 93.55mg (31.18%), Sodium: 809.78mg (35.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.1g (82.22%), Vitamin B12: 4.9µg (81.65%), Selenium: 45.51µg (65.02%), Phosphorus: 639.93mg (63.99%), Manganese: 1.22mg (61.09%), Vitamin B1: 0.74mg (49.43%), Fiber: 11.89g (47.57%), Vitamin B3: 9.12mg (45.58%), Vitamin B6: 0.9mg (44.77%), Magnesium: 160.97mg (40.24%), Folate: 152.66µg (38.17%), Iron: 6.6mg (36.67%), Vitamin C: 26.95mg (32.66%), Potassium: 1118.38mg (31.95%), Vitamin K: 32.32µg (30.78%), Vitamin B2: 0.51mg (30.03%), Zinc: 4.07mg (27.15%), Vitamin E: 3.41mg (22.7%), Copper: 0.42mg (21.08%), Vitamin B5: 2.04mg (20.38%), Vitamin A: 939.89IU (18.8%), Calcium: 81.48mg (8.15%), Vitamin D: 0.34µg (2.27%)