



Neely's Memphis-Style Catfish

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 32 ounces catfish fillets skins and bones removed dry rinsed
- ☐ 1 teaspoon cayenne pepper
- ☐ 0.3 cup dijon mustard
- ☐ 1 tablespoon hot sauce
- ☐ 0.5 juice of lemon juiced
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon paprika

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- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 cup cornmeal yellow

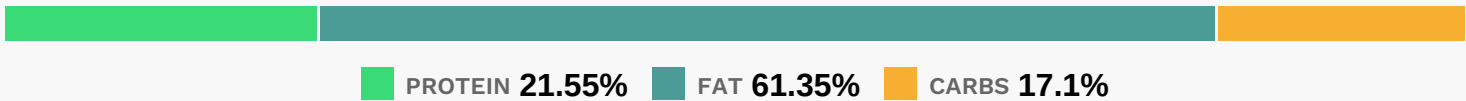
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a deep-fryer to 375 degrees F.
- ☐ Mix the cornmeal, paprika and cayenne in a large bowl. In a separate bowl, add the buttermilk and the hot sauce.
- ☐ Season the catfish with salt and pepper. Dredge in the buttermilk and then the cornmeal and spice mixture.
- ☐ Drop carefully in the hot oil. Fry for 4 minutes until crisp.
- ☐ Remove to a paper towel lined sheet tray. Season with salt and pepper.
- ☐ Serve with Remoulade Sauce.
- ☐ Mix all the ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:18.3, Inflammation Score:-9, Nutrition Score:33.978695765786%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 823.68kcal (41.18%), Fat: 55.84g (85.9%), Saturated Fat: 10.04g (62.75%), Carbohydrates: 35.01g (11.67%), Net Carbohydrates: 29.64g (10.78%), Sugar: 4.2g (4.67%), Cholesterol: 160.01mg (53.34%), Sodium: 816.03mg (35.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.13g (88.25%), Vitamin D: 29.05µg (193.64%), Vitamin K: 94.24µg (89.75%), Vitamin B12: 5.33µg (88.86%), Phosphorus: 642.15mg (64.22%), Selenium: 39.42µg (56.32%), Vitamin B1: 0.67mg (44.39%), Potassium: 1140.46mg (32.58%), Vitamin A: 1560.76IU (31.22%), Vitamin B6: 0.6mg (29.83%), Vitamin B3: 5.75mg (28.74%), Magnesium: 113.1mg (28.28%), Vitamin B5: 2.35mg (23.52%), Vitamin E: 3.33mg (22.18%), Manganese: 0.44mg (22.13%), Fiber: 5.37g (21.49%), Vitamin B2: 0.34mg (19.99%), Zinc: 2.87mg (19.12%), Iron: 3.02mg (16.76%), Copper: 0.24mg (11.8%), Folate: 45.27µg (11.32%), Calcium: 111.54mg (11.15%), Vitamin C: 6.49mg (7.86%)