



Pan-Fried Catfish Sandwich with Chipotle-Lime Slaw

READY IN



30 min.

SERVINGS



4

CALORIES



1029 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup canola oil
- ☐ 1 pound catfish fillets cut into 4 pieces)
- ☐ 1.5 tablespoons chili powder
- ☐ 1 tablespoon chipotle in adobo
- ☐ 0.5 cup beer dark
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon sea salt

- ☐ 0.5 teaspoon granulated sugar
- ☐ 0.5 head cabbage shredded green
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 2 lime zest juiced
- ☐ 0.5 cup mayonnaise
- ☐ 2 cups panko bread crumbs
- ☐ 1 tablespoon paprika
- ☐ 3 teaspoons freshly cracked pepper black divided
- ☐ 0.5 bell pepper diced red
- ☐ 0.3 onion red thinly sliced
- ☐ 3 scallions thinly sliced
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.8 cup whole-grain stone-ground
- ☐ 4 cuban rolls split
- ☐ 2 tablespoons butter unsalted room temperature
- ☐ 2 tablespoons vinegar white

Equipment

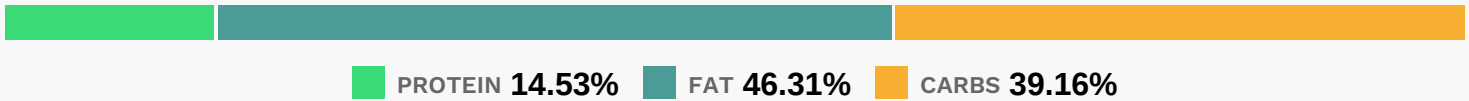
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Combine the flour, the chili powder and 1 teaspoon of the pepper in a shallow dish.
- ☐ Combine the beer and mustard in a separate shallow dish.

- ☐ Mix the panko, granulated garlic, paprika, salt and remaining pepper into a third shallow dish.
- ☐ Dredge the fish in the flour mixture and then the beer and mustard and lastly in the panko mixture. Arrange the fish on a sheet pan, lined with a cooling rack, and refrigerate until ready to cook.
- ☐ For the slaw: In a large bowl, whisk together the mayonnaise, sour cream, lime zest and juice, chipotle, sugar, vinegar and salt and pepper, to taste. Fold in the cabbage, onion, bell peppers, scallions, and cilantro and adjust the seasoning, if necessary. Refrigerate.
- ☐ Spread the butter on inside of rolls and arrange, crust side down, on a rack in the oven to toast while fish cooks.
- ☐ Heat 1 cup oil in a cast iron or heavy bottom skillet over medium-high heat. Carefully add the fish, cooking on both sides until the coating turns golden brown, about 2 to 3 minutes.
- ☐ Remove to a cooling rack to drain. Keep warm in the oven, if necessary.
- ☐ To make each sandwich, arrange a piece of fish on the bottom half of the rolls and top with the slaw. Cover with another piece of bread and serve.

Nutrition Facts



Properties

Glycemic Index:160.4, Glycemic Load:44.46, Inflammation Score:-10, Nutrition Score:47.811739258144%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1028.7kcal (51.44%), Fat: 53.25g (81.92%), Saturated Fat: 12.14g (75.9%), Carbohydrates: 101.29g (33.76%), Net Carbohydrates: 88.97g (32.35%), Sugar: 14.62g (16.25%), Cholesterol: 109.54mg (36.51%), Sodium: 2114.85mg (91.95%), Alcohol: 1.15g (100%), Alcohol %: 0.23% (100%), Protein: 37.59g (75.18%), Vitamin K: 173.31µg (165.06%), Vitamin D: 14.34µg (95.57%), Iron: 16.93mg (94.05%), Vitamin C: 74.1mg (89.82%), Selenium: 52.18µg (74.54%),

Vitamin B1: 0.99mg (66.12%), Manganese: 1.24mg (62.21%), Vitamin A: 2972.99IU (59.46%), Fiber: 12.32g (49.29%), Phosphorus: 474.89mg (47.49%), Vitamin B12: 2.75µg (45.76%), Folate: 177.91µg (44.48%), Vitamin B3: 7.54mg (37.71%), Vitamin E: 5.59mg (37.29%), Vitamin B2: 0.58mg (34.23%), Potassium: 1060.54mg (30.3%), Vitamin B6: 0.59mg (29.65%), Magnesium: 105.28mg (26.32%), Calcium: 234.73mg (23.47%), Vitamin B5: 1.96mg (19.62%), Copper: 0.34mg (17.01%), Zinc: 2.29mg (15.28%)