



Parmesan-Pecan Fried Catfish With Pickled Okra Salsa

 Gluten Free

READY IN



93 min.

SERVINGS



6

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 tablespoon cajun spice
- ☐ 2 pounds catfish fillets cut into 1-inch-wide strips
- ☐ 2 large eggs beaten
- ☐ 6 servings pickled okra salsa
- ☐ 1 tablespoon paprika
- ☐ 0.7 cup parmesan cheese grated

- ☐ 1 cup ground pecans
- ☐ 6 servings vegetable oil
- ☐ 0.7 cup cornmeal plain yellow

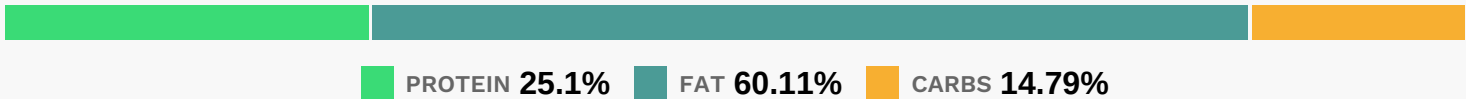
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Place catfish and buttermilk in a large zip-top plastic freezer bag. Seal and chill 1 hour.
- ☐ Remove catfish from buttermilk, discarding buttermilk.
- ☐ Combine pecans and next 4 ingredients in a shallow bowl. Dip fish in eggs; dredge in pecan mixture, shaking off excess. Arrange on a baking sheet.
- ☐ Pour oil to depth of 1 1/2 inches into a cast-iron Dutch oven or 12-inch (2 1/4-inch-deep) cast-iron skillet; heat to 35
- ☐ Fry fish, in batches, 2 to 3 minutes or until golden brown and fish flakes with a fork.
- ☐ Drain on a wire rack over paper towels.
- ☐ Serve with Pickled Okra Salsa.
- ☐ Note: We tested with Zatarain's Creole Seasoning.
- ☐ Try This Twist!
- ☐ Parmesan-Pecan Fried Chicken: Substitute 2 lb. chicken breast tenders for catfish. Fry 3 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:28.58, Glycemic Load:8.59, Inflammation Score:-8, Nutrition Score:28.962174083876%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 555.2kcal (27.76%), Fat: 37.53g (57.73%), Saturated Fat: 7.49g (46.8%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 16.33g (5.94%), Sugar: 3.37g (3.75%), Cholesterol: 163.76mg (54.59%), Sodium: 328.26mg (14.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.25g (70.51%), Vitamin D: 19.81µg (132.06%), Vitamin B12: 3.85µg (64.23%), Phosphorus: 553.55mg (55.35%), Manganese: 1.04mg (52.05%), Selenium: 31.45µg (44.93%), Vitamin B1: 0.54mg (35.97%), Vitamin A: 1572.13IU (31.44%), Vitamin K: 32.35µg (30.81%), Potassium: 852.35mg (24.35%), Magnesium: 94.53mg (23.63%), Vitamin B6: 0.44mg (22.09%), Vitamin B2: 0.37mg (21.53%), Zinc: 3.09mg (20.57%), Calcium: 202.52mg (20.25%), Vitamin B3: 3.92mg (19.62%), Vitamin B5: 1.94mg (19.36%), Fiber: 4.44g (17.77%), Copper: 0.35mg (17.42%), Vitamin E: 2.41mg (16.08%), Iron: 2.32mg (12.91%), Folate: 43.6µg (10.9%), Vitamin C: 4.02mg (4.87%)