



Pecan Crusted Catfish Finger Sandwich

READY IN



25 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 3 fillet catfish filets dried well
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon cider vinegar
- ☐ 1 leaf curly lettuce washed
- ☐ 0.3 cup dijon mustard
- ☐ 1 large eggs
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup honey

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup panko bread crumbs
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 cup pecans
- ☐ 24 inch rolls split toasted
- ☐ 4 servings tomatoes sliced

Equipment

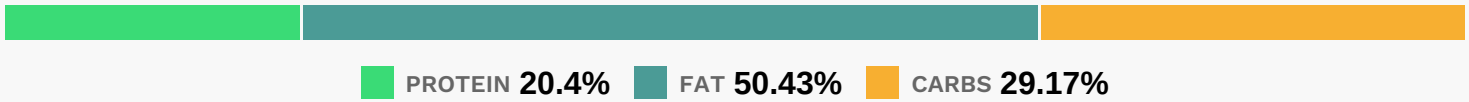
- ☐ food processor
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ plastic wrap
- ☐ casserole dish

Directions

- ☐ In a deep-fryer or heavy-bottomed pot, heat enough oil to come halfway up the sides of the pot, to 350 degrees F.
- ☐ Cut the catfish into fingers. Set aside.
- ☐ Finely grind the pecans into crumbs in a food processor. Cook's Note: Do not over process the nuts or they will become too oily, like a nut butter, and unsuitable to use as a breading.
- ☐ Add the pecan crumbs to a casserole dish.
- ☐ Measure the buttermilk in a 1-cup liquid measure.
- ☐ Add the egg and beat well together.
- ☐ Pour into an 8 by 8-inch casserole dish.
- ☐ Add the panko, garlic powder, cayenne, salt and pepper, to taste, to the pecan crumbs in the casserole dish.

- ☐ Whisk together to combine.
- ☐ Set up an assembly line. Dredge catfish through the buttermilk mixture, then through the pecan mixture. You may need to press the pecans into the catfish to adhere.
- ☐ Add the catfish fingers to the hot oil and cook until golden brown and crisp, about 2 minutes.
- ☐ Remove to a paper towel lined sheet tray to drain.
- ☐ Spread some Honey Mustard Sauce on inside of the toasted rolls.
- ☐ Add sliced tomatoes, lettuce and the catfish fingers.
- ☐ Serve and enjoy warm.
- ☐ Mix all the ingredients into a small mixing bowl. Cover with plastic wrap and store in the refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:98.82, Glycemic Load:16.56, Inflammation Score:-9, Nutrition Score:32.020435001539%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 578.03kcal (28.9%), Fat: 33.42g (51.42%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 37.51g (13.64%), Sugar: 26.34g (29.27%), Cholesterol: 126.69mg (42.23%), Sodium: 448.83mg (19.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.85%), Vitamin D: 16.59µg (110.61%), Manganese: 1.54mg (77.08%), Vitamin B12: 3.13µg (52.12%), Phosphorus: 464.76mg (46.48%), Selenium: 29.68µg (42.4%), Vitamin B1: 0.63mg (41.72%), Vitamin A: 2030.6IU (40.61%), Vitamin C: 26.43mg (32.04%), Potassium: 1113.48mg (31.81%), Vitamin K: 32.21µg (30.67%), Iron: 4.82mg (26.77%), Copper: 0.51mg (25.48%), Magnesium: 96.23mg (24.06%), Fiber: 5.99g (23.95%), Vitamin B3: 4.47mg (22.34%), Vitamin B6: 0.42mg (21.02%), Vitamin B2:

0.32mg (18.94%), Vitamin B5: 1.78mg (17.81%), Zinc: 2.65mg (17.68%), Folate: 64.34µg (16.08%), Vitamin E: 2.25mg (15.01%), Calcium: 124.02mg (12.4%)