



Potato-Crusted Catfish and Chips



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



812 kcal

SIDE DISH

Ingredients

- ☐ 3 large baking potatoes peeled cut into thin strips
- ☐ 0.3 cup butter melted
- ☐ 24 ounce catfish fillets
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup potato flakes instant
- ☐ 1.3 teaspoons salt divided
- ☐ 4 servings vegetable oil
- ☐ 1 cup cornmeal yellow

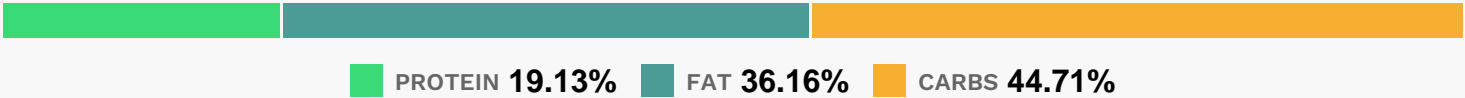
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Pour oil to a depth of 4 inches into a large Dutch oven, and heat to 37
- ☐ Fry potato strips, in 4 batches, 2 to 3 minutes or until golden.
- ☐ Drain on paper towels, and sprinkle with 1 teaspoon salt. Keep warm.
- ☐ Sprinkle fish evenly with remaining 1/4 teaspoon salt and pepper.
- ☐ Combine cornmeal and instant potato flakes. Dip fish in melted butter, and dredge in cornmeal mixture.
- ☐ Heat oil in Dutch oven to 400; add fish, and fry, 2 fillets at a time, 2 to 3 minutes or until fillets float.
- ☐ Drain on paper towels; serve with chips.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:56.64, Inflammation Score:-8, Nutrition Score:36.202173875726%

Nutrients (% of daily need)

Calories: 812.05kcal (40.6%), Fat: 32.84g (50.53%), Saturated Fat: 6.25g (39.04%), Carbohydrates: 91.37g (30.46%), Net Carbohydrates: 83.01g (30.19%), Sugar: 2.84g (3.16%), Cholesterol: 98.66mg (32.89%), Sodium: 964.69mg (41.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.09g (78.18%), Vitamin D: 21.26µg (141.75%), Vitamin B6: 1.5mg (75.02%), Vitamin B12: 3.81µg (63.46%), Phosphorus: 624.01mg (62.4%), Potassium: 2063.46mg (58.96%), Vitamin B1: 0.85mg (56.88%), Vitamin B3: 8.03mg (40.17%), Magnesium: 155.87mg (38.97%), Manganese: 0.77mg (38.69%), Selenium: 26.94µg (38.49%), Vitamin C: 29.14mg (35.33%), Fiber: 8.36g (33.42%), Vitamin K: 32.32µg (30.78%), Vitamin B5: 2.7mg (26.96%), Iron: 4.28mg (23.79%), Copper: 0.47mg (23.27%), Zinc: 3.01mg (20.07%), Folate: 76.33µg (19.08%), Vitamin B2: 0.27mg (16.04%), Vitamin A: 597.64IU (11.95%), Vitamin E: 1.77mg (11.77%), Calcium: 71.49mg (7.15%)