



Quick Pan-Fried Catfish

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup baking mix all-purpose
- 16 ounce catfish fillets
- 4 servings lemon wedges
- 1 tablespoon old bay seasoning
- 0.5 cup ranch dressing
- 3 tablespoons vegetable oil
- 0.5 cup cornmeal yellow

Equipment

- bowl
- frying pan
- paper towels

Directions

- Combine first 3 ingredients in a shallow bowl.
- Pat catfish fillets dry with paper towels; brush both sides of each fillet evenly with Ranch dressing. Dredge in cornmeal mixture; lightly press cornmeal mixture onto fillets.
- Cook catfish in hot vegetable oil in a large nonstick skillet over medium-high heat 3 to 5 minutes on each side or until fish just flakes with a fork.
- Serve immediately with lemon wedges.
- Note: For testing purposes only, we used Bisquick for all-purpose baking mix.

Nutrition Facts

PROTEIN 18.29% **FAT 56.69%** **CARBS 25.02%**

Properties

Glycemic Index:23.5, Glycemic Load:8.66, Inflammation Score:-4, Nutrition Score:21.046956217807%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 502.88kcal (25.14%), Fat: 31.46g (48.4%), Saturated Fat: 5.59g (34.97%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 28.77g (10.46%), Sugar: 4.39g (4.88%), Cholesterol: 74.02mg (24.67%), Sodium: 607.25mg (26.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.67%), Vitamin D: 14.2µg (94.7%), Vitamin K: 68.51µg (65.25%), Phosphorus: 471.02mg (47.1%), Vitamin B12: 2.67µg (44.46%), Vitamin B1: 0.43mg (28.98%), Selenium: 18.29µg (26.13%), Vitamin B3: 3.72mg (18.61%), Manganese: 0.31mg (15.69%), Potassium: 534.06mg (15.26%), Vitamin B6: 0.29mg (14.45%), Vitamin B5: 1.43mg (14.26%), Magnesium: 56.79mg (14.2%), Vitamin B2: 0.23mg (13.33%), Folate: 48.91µg (12.23%), Iron: 2.01mg (11.16%), Vitamin E: 1.62mg (10.79%), Fiber: 2.48g (9.93%), Zinc: 1.41mg (9.42%), Calcium: 75.96mg (7.6%), Copper: 0.14mg (6.79%), Vitamin A: 95.54IU (1.91%), Vitamin C: 1.51mg (1.83%)