



Sautéed Catfish with Mustard Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds catfish fillets
- ☐ 0.5 cup chicken broth low-sodium homemade canned
- ☐ 3 tablespoons cooking oil
- ☐ 1 cup cornmeal
- ☐ 4 teaspoons mustard dry
- ☐ 1 eggs beaten
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon fresh-ground pepper black

- ☐ 0.8 cup heavy cream
- ☐ 1.3 teaspoons salt

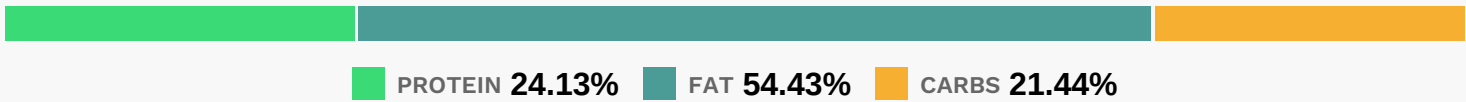
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a small bowl, combine 1/4 cup of the cream and the mustard.
- ☐ Let sit about 10 minutes.
- ☐ In a shallow dish, combine the egg with the 1 tablespoon cream. In another shallow dish, combine the cornmeal with 1 teaspoon of the salt and the pepper. Dip the fillets into the egg mixture and then into the seasoned cornmeal. Shake off the excess cornmeal.
- ☐ In a large nonstick frying pan, heat 2 tablespoons of the oil over moderate heat.
- ☐ Add half the cornmeal-coated fish and fry, turning once, until the fillets are golden on the outside and just done in the center, about 4 minutes per side for 3/4-inch-thick fillets.
- ☐ Drain the fish on paper towels. Repeat with the remaining 1 tablespoon oil and fish fillets. Wipe out the pan.
- ☐ Put the pan over moderate heat.
- ☐ Add the broth and garlic and bring to a simmer. Stir in the remaining 1/2 cup cream; simmer until reduced to approximately 1/3 cup, about 2 minutes. Stir in the reserved mustard cream and the remaining 1/4 teaspoon salt and simmer until warm through, about 1 minute longer.
- ☐ Serve the catfish fillets topped with the sauce.
- ☐ Wine Recommendation: German rieslings are tremendously flexible with food. A classic riesling, one that is not fully dry, is ideal for cooling the heat of the mustard and cutting through the rich cream, too.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:17.39, Inflammation Score:-7, Nutrition Score:24.739130465881%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 591.13kcal (29.56%), Fat: 35.7g (54.93%), Saturated Fat: 13.12g (82%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 27.59g (10.03%), Sugar: 2.15g (2.39%), Cholesterol: 190mg (63.33%), Sodium: 838.4mg (36.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.62g (71.23%), Vitamin D: 22.2µg (147.97%), Vitamin B12: 3.99µg (66.53%), Phosphorus: 519.56mg (51.96%), Selenium: 32.82µg (46.88%), Vitamin B1: 0.51mg (33.84%), Vitamin B6: 0.49mg (24.35%), Potassium: 841.13mg (24.03%), Vitamin B3: 4.77mg (23.85%), Magnesium: 94.43mg (23.61%), Manganese: 0.4mg (19.81%), Vitamin B5: 1.84mg (18.44%), Vitamin B2: 0.31mg (18.17%), Vitamin E: 2.62mg (17.43%), Zinc: 2.51mg (16.76%), Fiber: 4.06g (16.24%), Vitamin A: 802.49IU (16.05%), Iron: 2.23mg (12.36%), Folate: 40.78µg (10.2%), Copper: 0.2mg (10.05%), Vitamin K: 9.56µg (9.1%), Calcium: 71.23mg (7.12%), Vitamin C: 1.83mg (2.22%)