



Southern Fried Catfish

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



1672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons irvine spices cajun blackfish spice for breading (you may need more if you use more cornmeal)
- 1 liter canola for deep-frying as needed
- 4 pounds catfish fillets
- 3 cups cornmeal as needed for breading stage
- 8 servings lemon wedges for service
- 0.8 cup mayonnaise
- 2 tablespoons olive oil
- 8 servings salt and pepper black freshly ground

2 scallions white green minced (and tender parts only)

2 teaspoons relish sweet drained

Equipment

bowl

paper towels

deep fryer

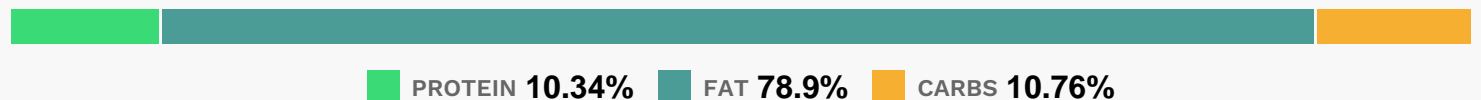
Directions

In a small bowl, combine the olive oil, mayonnaise, scallions and relish to make a tartar sauce. Refrigerate until needed.

Heat oil in deep-fryer to 350 degrees F.

Combine cornmeal, Blackfish Spice and salt and pepper, to taste. Dredge catfish fillets in seasoned cornmeal. Deep-fry coated pieces in batches until they are cooked through, about 10 minutes. (For basic reference, use the manufacturer's instructions for your deep fryer for similar foods, then test the fish see that it is fork tender.) Allow to drain on paper towels and serve with tartar sauce and fresh lemon wedges (to squeeze lemon juice over the fish).

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:26.12, Inflammation Score:-8, Nutrition Score:36.376956473226%

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 Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 1672.42kcal (83.62%), Fat: 147.7g (227.23%), Saturated Fat: 13.95g (87.19%), Carbohydrates: 45.35g (15.12%), Net Carbohydrates: 38.99g (14.18%), Sugar: 1.69g (1.88%), Cholesterol: 140.36mg (46.79%), Sodium:

245.17mg (10.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.55g (87.1%), Vitamin D: 28.39µg (189.28%), Vitamin E: 22.66mg (151.07%), Vitamin K: 129.67µg (123.49%), Vitamin B12: 5.08µg (84.71%), Phosphorus: 619.67mg (61.97%), Selenium: 32.77µg (46.82%), Vitamin B1: 0.67mg (44.35%), Vitamin B6: 0.66mg (32.86%), Potassium: 1059.36mg (30.27%), Magnesium: 120.2mg (30.05%), Vitamin B3: 5.99mg (29.97%), Fiber: 6.36g (25.44%), Manganese: 0.49mg (24.31%), Vitamin B5: 2.18mg (21.75%), Zinc: 3.13mg (20.85%), Vitamin A: 1034.9IU (20.7%), Iron: 2.97mg (16.49%), Vitamin B2: 0.25mg (14.56%), Copper: 0.24mg (12.16%), Folate: 46.92µg (11.73%), Calcium: 43.95mg (4.4%), Vitamin C: 2.71mg (3.28%)