



 **70%**  
HEALTH SCORE

## Southern Fried Catfish

 Dairy Free  Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



908 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 40 ounce catfish fillets skinless
- 1 cup cornmeal
- 4 servings crab boil seasoning (recommended: Old Bay)
- 4 cups flour all-purpose
- 4 servings oil for frying
- 4 servings salt

### Equipment

- bowl

paper towels

pot

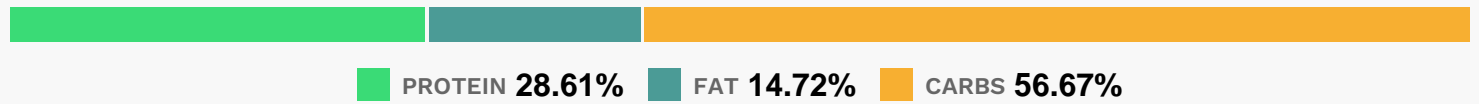
## Directions

Heat a fryer or a deep pot halfway filled with oil to 350 degrees F.

Sprinkle both sides of each catfish with salt and crab boil seasoning. In a separate bowl, combine the flour and the cornmeal. Dredge the catfish in the flour mixture and place in fryer. Deep fry for approximately 7 to 8 minutes until done.

Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:35.88, Glycemic Load:86.3, Inflammation Score:-8, Nutrition Score:44.665652150693%

## Nutrients (% of daily need)

Calories: 907.85kcal (45.39%), Fat: 14.51g (22.32%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 125.68g (41.89%), Net Carbohydrates: 118.34g (43.03%), Sugar: 1.02g (1.13%), Cholesterol: 164.43mg (54.81%), Sodium: 320.32mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.46g (126.91%), Vitamin D: 35.44µg (236.25%), Selenium: 80.62µg (115.18%), Vitamin B1: 1.7mg (113.41%), Vitamin B12: 6.32µg (105.37%), Phosphorus: 820.36mg (82.04%), Vitamin B3: 13.83mg (69.14%), Folate: 273.37µg (68.34%), Manganese: 1.32mg (65.79%), Vitamin B2: 0.86mg (50.73%), Iron: 8.55mg (47.48%), Potassium: 1290.38mg (36.87%), Magnesium: 139.72mg (34.93%), Vitamin B6: 0.64mg (32.24%), Vitamin B5: 2.95mg (29.53%), Fiber: 7.34g (29.35%), Zinc: 3.62mg (24.11%), Copper: 0.39mg (19.48%), Vitamin K: 18.56µg (17.68%), Calcium: 80.86mg (8.09%), Vitamin E: 0.74mg (4.92%), Vitamin A: 194.39IU (3.89%), Vitamin C: 2.22mg (2.7%)