



Southern Fried Catfish

READY IN



30 min.

SERVINGS



4

CALORIES



3398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings tartar sauce
- 48 fl. oz. vegetable oil
- 1 large eggs
- 0.3 teaspoon ground pepper
- 30 saltines
- 20 oz catfish filets
- 0.3 cup milk whole
- 0.5 teaspoon salt
- 4 servings frangelico

Equipment

- food processor
- bowl
- paper towels
- oven
- whisk
- pot
- baking pan
- kitchen thermometer
- spatula

Directions

- Whisk together egg, milk, and 1/4 teaspoon salt in a medium bowl. Pulse saltines in a food processor until finely ground, then stir together with cayenne and remaining 1/4 teaspoon salt in a shallow baking dish.
- Dip 1 catfish fillet into egg mixture, letting excess drip off, then dredge in saltines to coat and transfer to a wax-paper-lined tray. Coat remaining fillets in same manner.
- Preheat oven to 300°F.
- Heat oil in a 4- to 5-quart heavy pot (preferably cast-iron) over high heat until it registers 360°F on thermometer. Carefully lower 1 fillet into oil (temperature of oil will drop to 340°F), then fry until golden and just cooked through, 3 to 4 minutes.
- Transfer fillet with a slotted spatula to a rack set over paper towels to drain briefly, then transfer to a shallow baking pan and keep hot in oven. Fry remaining fillets in same manner, returning oil to 360°F each time.

Nutrition Facts

 **PROTEIN 3.2%**  **FAT 94.72%**  **CARBS 2.08%**

Properties

Glycemic Index:17.5, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:26.636521748874%

Nutrients (% of daily need)

Calories: 3398.08kcal (169.9%), Fat: 362.81g (558.17%), Saturated Fat: 56.32g (351.99%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 17.22g (6.26%), Sugar: 1.37g (1.52%), Cholesterol: 131.22mg (43.74%), Sodium: 595.55mg (25.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.23%), Vitamin K: 658.97µg (627.59%), Vitamin E: 29.48mg (196.53%), Vitamin D: 18.19µg (121.28%), Vitamin B12: 3.4µg (56.71%), Phosphorus: 365.03mg (36.5%), Selenium: 24.42µg (34.89%), Vitamin B1: 0.47mg (31.51%), Vitamin B3: 4.19mg (20.97%), Vitamin B2: 0.3mg (17.54%), Potassium: 592.66mg (16.93%), Vitamin B5: 1.46mg (14.59%), Folate: 50.38µg (12.6%), Manganese: 0.23mg (11.63%), Vitamin B6: 0.22mg (11.05%), Iron: 1.98mg (11.02%), Magnesium: 41.97mg (10.49%), Zinc: 1.13mg (7.52%), Calcium: 56.75mg (5.68%), Vitamin A: 225.2IU (4.5%), Copper: 0.09mg (4.48%), Fiber: 0.67g (2.68%), Vitamin C: 1.11mg (1.35%)