



Sunny's Catfish Nuggets

READY IN



75 min.

SERVINGS



4

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 fillet catfish filets cut into 1-inch chunks
- 2 tablespoons confectioners' sugar
- 1 cup cornmeal
- 3 eggs
- 2 cups flour divided
- 0.5 cup hot sauce
- 2 cups milk
- 4 servings salt and pepper black freshly ground
- 2 tablespoons sugar

- 4 servings vegetable oil for frying

Equipment

- bowl
- frying pan
- paper towels
- whisk
- wooden spoon

Directions

- In a bowl, add the 2 cups milk and a heavy pinch of salt.
- Whisk to dissolve and add the fish chunks. Allow to soak at room temperature for 30 minutes.
- Set up the dredging station: In the first bowl, add 1 cup flour. In the second bowl, whisk the eggs and add the remaining 2 tablespoons milk. In the third bowl, add the remaining 1 cup flour, the cornmeal, sugar and a pinch of salt followed by a few grinds of pepper.
- In a frying pan with straight sides, add enough oil to fill 1-inch deep.
- Heat until the oil begins to swirl and the handle of a wooden spoon begins to sizzle as soon as it hits the oil. The oil will be about 350 degrees F.
- Remove the fish from the milk in batches of 6 to 8 chunks. Shake the excess milk off the fish. Dredge in the flour, then the egg wash and then in the flour and cornmeal mixture.
- Add the batch to the oil, making sure to not overcrowd the pan and bring down the temperature. Fry, flipping once if needed, until a light golden brown and cooked through, about 6 minutes.
- Remove to a paper towel-lined plate and season with a sprinkle of salt. Repeat until all the fish chunks are done.
- In a small bowl, add the hot sauce and sift the sugar on top. Gently stir together.
- Drizzle over the nuggets or dunk them in the sauce.

Nutrition Facts



PROTEIN 23.29% FAT 21.88% CARBS 54.83%

Properties

Glycemic Index:70.9, Glycemic Load:58.16, Inflammation Score:-8, Nutrition Score:34.242173982703%

Nutrients (% of daily need)

Calories: 688.62kcal (34.43%), Fat: 16.52g (25.42%), Saturated Fat: 5.18g (32.36%), Carbohydrates: 93.16g (31.05%), Net Carbohydrates: 87.62g (31.86%), Sugar: 17.06g (18.95%), Cholesterol: 211.35mg (70.45%), Sodium: 943.95mg (41.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.58g (79.16%), Vitamin D: 17.94µg (119.6%), Selenium: 52.15µg (74.5%), Vitamin B1: 0.97mg (64.67%), Vitamin B12: 3.8µg (63.26%), Phosphorus: 615.43mg (61.54%), Vitamin B2: 0.78mg (46.08%), Folate: 157.97µg (39.49%), Manganese: 0.75mg (37.74%), Vitamin B3: 7.33mg (36.67%), Vitamin B6: 0.59mg (29.39%), Iron: 5.21mg (28.93%), Vitamin C: 23.33mg (28.28%), Magnesium: 105.88mg (26.47%), Potassium: 924.59mg (26.42%), Vitamin B5: 2.48mg (24.81%), Fiber: 5.54g (22.16%), Zinc: 3.28mg (21.87%), Calcium: 201.09mg (20.11%), Copper: 0.26mg (13.25%), Vitamin A: 488.74IU (9.77%), Vitamin K: 6.76µg (6.44%), Vitamin E: 0.86mg (5.72%)