



Tortilla Crusted Catfish Po' Boys

READY IN



25 min.

SERVINGS



4

CALORIES



1069 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup buttermilk well-shaken
- 4 tablespoons cajun spice
- 16 ounce catfish fillets
- 6 corn tortillas
- 0.5 cup flour all-purpose
- 4 servings hot sauce such as tabasco
- 2 cups iceberg lettuce shredded
- 4 servings kosher salt and ground pepper black finely
- 0.5 cup mayonnaise

- 4 hoagie rolls
- 1 large tomatoes sliced
- 4 cups vegetable oil

Equipment

- food processor
- paper towels
- whisk
- pot
- sieve

Directions

- Cut the catfish into 2-inch strips and pat dry. Stir together the flour and 1 tablespoon of the Cajun seasoning with 1/4 teaspoon each salt and pepper.
- Whisk another tablespoon of the Cajun seasoning into the buttermilk. Pulse the tortillas in a food processor until finely ground with a third tablespoon of the Cajun seasoning.
- Add the vegetable oil to large, heavy-bottomed pot and bring to 350 degrees F over medium heat.
- Toss the catfish with the seasoned flour, then place the catfish in a sieve and shake off any excess flour. Divide the catfish strips into two batches. Dip the first batch in the buttermilk, letting the excess drip off, and then dredge in the tortillas. Fry the catfish until golden, about 5 minutes.
- Drain on paper towels. Dredge and fry the second batch of catfish in the same manner.
- Stir together the mayonnaise and the remaining tablespoon Cajun seasoning.
- Spread evenly on the rolls. Divide the iceberg and tomato slices among the rolls. Top with the catfish.
- Serve with hot sauce.

Nutrition Facts



PROTEIN 11.73% **FAT 61.78%** **CARBS 26.49%**

Properties

Glycemic Index:99.13, Glycemic Load:41, Inflammation Score:-10, Nutrition Score:35.778695894324%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 1069.12kcal (53.46%), Fat: 74.24g (114.22%), Saturated Fat: 12.26g (76.6%), Carbohydrates: 71.61g (23.87%), Net Carbohydrates: 64.22g (23.35%), Sugar: 10.44g (11.6%), Cholesterol: 84.13mg (28.04%), Sodium: 613.24mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.46%), Vitamin K: 144.1µg (137.24%), Vitamin D: 15.01µg (100.07%), Vitamin A: 4182.9IU (83.66%), Iron: 14.04mg (78%), Phosphorus: 473.49mg (47.35%), Vitamin B12: 2.84µg (47.31%), Vitamin E: 6.99mg (46.63%), Selenium: 25.31µg (36.16%), Vitamin B1: 0.48mg (32.22%), Fiber: 7.39g (29.56%), Potassium: 901.49mg (25.76%), Manganese: 0.49mg (24.37%), Vitamin B3: 4.74mg (23.72%), Vitamin B2: 0.4mg (23.34%), Vitamin B6: 0.45mg (22.48%), Magnesium: 84.04mg (21.01%), Folate: 67µg (16.75%), Calcium: 154.95mg (15.5%), Vitamin B5: 1.51mg (15.05%), Zinc: 1.9mg (12.7%), Copper: 0.23mg (11.43%), Vitamin C: 8.17mg (9.91%)