



## Tortilla Fried Queso Catfish

READY IN



25 min.

SERVINGS



6

CALORIES



847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 3 cups buttermilk
- 30 ounce catfish fillets
- 9 ounces chile con queso prepared
- 3 cups corn tortilla flakes
- 3 cups flour with salt and pepper all-purpose
- 0.5 ounce hot sauce
- 1.3 teaspoons kosher salt
- 1.3 ounces juice of lemon

- 6 lime wedges
- 3 ounces pico de gallo prepared
- 6 servings vegetable oil for deep-frying

## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Whisk the lemon juice, hot sauce, salt, and pepper together in a shallow bowl. Dip each catfish fillet in the lemon juice mixture. Dredge catfish in seasoned flour, followed by buttermilk, and then corn tortilla flakes to coat completely.
- Pour oil into a large, deep saute pan until it comes about halfway up the sides of the pan.
- Heat oil to 350 degrees F. When oil is hot, carefully add fish fillets to pan, in batches if necessary, and deep-fry until golden brown, about 10 minutes total.
- Remove from the oil and drain on paper towels.
- Place 1 1/2 ounces of queso on each of 6 plates and top with the fried catfish.
- Place 1/2-ounce of pico de gallo on top of the catfish.
- Garnish with a lime wedge and serve.

## Nutrition Facts



**PROTEIN 19.26%** **FAT 27.54%** **CARBS 53.2%**

## Properties

Glycemic Index:44.25, Glycemic Load:61.08, Inflammation Score:-9, Nutrition Score:42.559565585593%

## Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 8.59mg, Hesperetin: 8.59mg, Hesperetin: 8.59mg, Hesperetin: 8.59mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg,

Naringenin: 0.69mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## **Nutrients (% of daily need)**

Calories: 847.4kcal (42.37%), Fat: 26.21g (40.32%), Saturated Fat: 6.1g (38.13%), Carbohydrates: 113.94g (37.98%), Net Carbohydrates: 103.55g (37.65%), Sugar: 10.69g (11.88%), Cholesterol: 95.41mg (31.8%), Sodium: 859.14mg (37.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.26g (82.52%), Vitamin D: 19.28µg (128.52%), Vitamin C: 71.93mg (87.19%), Phosphorus: 859.98mg (86%), Selenium: 51.01µg (72.87%), Vitamin B1: 0.99mg (66.3%), Vitamin B12: 3.71µg (61.88%), Manganese: 0.98mg (48.94%), Vitamin B3: 8.86mg (44.28%), Vitamin B2: 0.74mg (43.39%), Fiber: 10.39g (41.56%), Magnesium: 155.44mg (38.86%), Folate: 153.06µg (38.27%), Vitamin B6: 0.72mg (36.22%), Potassium: 1125.66mg (32.16%), Vitamin K: 32.96µg (31.39%), Iron: 5.42mg (30.1%), Calcium: 277.25mg (27.73%), Zinc: 3.31mg (22.05%), Copper: 0.42mg (21.17%), Vitamin B5: 2.08mg (20.83%), Vitamin A: 735.44IU (14.71%), Vitamin E: 1.95mg (12.97%)