



## Tuscan Catfish With Sun-dried Tomato Aioli

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 leaves garnishes: basil lemon fresh
- ☐ 36 oz catfish fillets
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon mccormick gourmet collection herb blend grinder italian freshly ground
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 6 servings sun-dried tomato aioli

- ☐ 2 cups firmly stacy's pesto and sun-dried tomato pita chips packed
- ☐ 6 servings vegetable oil

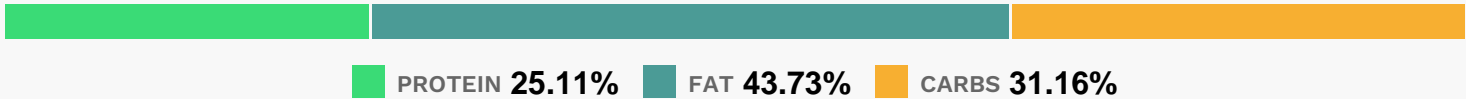
## Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Sprinkle catfish with salt and pepper.
- ☐ Pulse pita chips in a food processor 6 to 8 times or until coarsely chopped.
- ☐ Place in a shallow dish or pie plate.
- ☐ Stir together flour and Italian herb blend in another shallow dish or pie plate. Stir together eggs and 1/3 cup water in a third shallow dish or pie plate.
- ☐ Dredge catfish in flour mixture, shaking off excess. Dip in egg mixture, shaking off excess. Dredge in pita chips, pressing mixture into catfish to coat thoroughly.
- ☐ Pour oil to depth of 1 inch into a large deep skillet; heat to 35
- ☐ Fry catfish, in batches, 4 to 5 minutes on each side or until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve with Sun-dried Tomato Aoli.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:35.33, Glycemic Load:23.19, Inflammation Score:-7, Nutrition Score:27.918695926666%

## Nutrients (% of daily need)

Calories: 603.49kcal (30.17%), Fat: 28.87g (44.41%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 41.28g (15.01%), Sugar: 7.27g (8.07%), Cholesterol: 167.27mg (55.76%), Sodium:

1052.86mg (45.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.59%), Vitamin D: 21.6µg (143.97%), Vitamin B12: 3.94µg (65.69%), Selenium: 40.85µg (58.36%), Vitamin B1: 0.7mg (46.72%), Phosphorus: 441.02mg (44.1%), Vitamin K: 42.29µg (40.28%), Vitamin B3: 5.92mg (29.62%), Folate: 107.7µg (26.92%), Iron: 4.72mg (26.2%), Vitamin B2: 0.42mg (24.87%), Manganese: 0.5mg (24.78%), Potassium: 744.38mg (21.27%), Fiber: 4.98g (19.94%), Vitamin B5: 1.79mg (17.85%), Calcium: 160.88mg (16.09%), Vitamin A: 764.22IU (15.28%), Magnesium: 59.23mg (14.81%), Vitamin B6: 0.27mg (13.68%), Vitamin E: 1.8mg (11.98%), Zinc: 1.46mg (9.76%), Copper: 0.16mg (8.12%), Vitamin C: 4.8mg (5.81%)