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Catfish Fillet ·

A delicious and crispy catfish fillet recipe that is perfect for a hearty meal. The catfish fillets are coated in a flavorful batter and fried until golden brown. Serve with tartar sauce and lemon wedges for a complete meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|--------------|-------------------|
| 500 g | catfish fillets |
| 100 g | all-purpose flour |
| 100 g | cornmeal |
| 2 tsp | paprika |
| 1 tsp | garlic powder |

| | |
|-------|---------------|
| 1 tsp | salt |
| 1 tsp | black pepper |
| 2 c | vegetable oil |

Directions

Step 1

In a shallow dish, combine the flour, cornmeal, paprika, garlic powder, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Dip each catfish fillet into the flour mixture, coating both sides evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

In a large skillet, heat the vegetable oil over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Stove

Add the coated catfish fillets to the skillet and cook for 3-4 minutes on each side, or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 350 kcal

Fat: 16 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 30 g | 176.47% | 176.47% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 20 g | 36.36% | 40% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 1 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 6 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 16 g | 57.14% | 64% |
| Cholesterol | 80 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 2 mg | 2.22% | 2.67% |
| Vitamin B6 | 1 mg | 76.92% | 76.92% |
| Vitamin B12 | 2 mcg | 83.33% | 83.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 2 mcg | 13.33% | 13.33% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 500 mg | 21.74% | 21.74% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 500 mg | 14.71% | 19.23% |
| Zinc | 2 mg | 18.18% | 25% |
| Selenium | 30 mcg | 54.55% | 54.55% |

Recipe Attributes

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Oktoberfest

Passover

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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