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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



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

Prep Time: 0 mins

Cook Time: 5 mins

Step 4



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

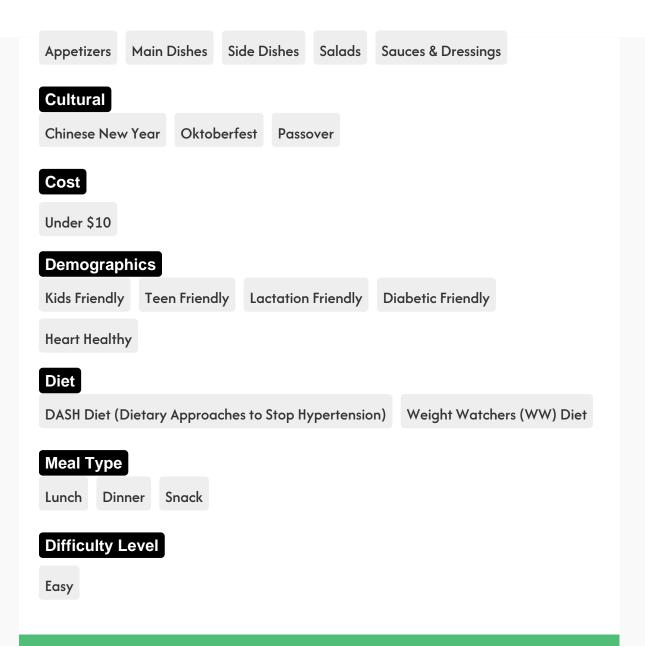
Kitchen Tools

Slow Cooker Blender

Cuisines

Italian

Course



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