

Blackened Catfish

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/blackened-catfish-recipe-with-italian-dressing>

Ingredients:

- nonstick cooking spray
- 2 tablespoons yellow cornmeal
- 2 tablespoons paprika
- 1 teaspoon dried thyme
- 1/2 teaspoon cayenne pepper
- coarse salt
- ground pepper
- 6 pounds catfish fillets
- lemon wedges for serving, optional

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 320 milligrams
4. Fat: 56 grams
5. Fiber: 4 grams
6. Protein: 110 grams
7. SaturatedFat: 14 grams
8. Sodium: 560 milligrams

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