

Catfish Tacos With Chipotle Slaw

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chipotle-mexican-grill-hot-sauce-recipe>

Ingredients:

- 1 teaspoon chipotle pepper in adobo sauce minced
- 1/4 cup mayonnaise
- 1 tablespoon honey
- 2 teaspoons fresh lime juice
- salt
- freshly ground black pepper
- 1 cup white cabbage very thinly sliced
- 1 cup red cabbage very thinly sliced
- 1 green onion white and tender green parts, thinly sliced
- 1 large egg
- 2 teaspoons hot sauce
- 1 cup panko bread crumbs plus more if needed
- 1/4 cup all purpose flour
- 10 ounces catfish fillets
- 1/2 cup vegetable oil

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 90 milligrams
4. Fat: 39 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 690 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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