

Baked Catfish Nuggets

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-baked-catfish-recipe>

Ingredients:

- 1 pound catfish nuggets
- 1/2 cup cornmeal
- 1 tablespoon Cajun seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon salt

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 55 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 20 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 360 milligrams

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