

# Pan Fried Perch

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-perch-recipe>

## Ingredients:

- 1 pound lake perch fillets
- 1/2 cup Parmesan cheese
- 1/2 cup crackers bacon-flavored, crushed
- 1/2 cup cornmeal
- 1/2 teaspoon garlic salt
- 1 teaspoon Cajun seasoning or Creole
- 1/4 teaspoon pepper
- 2 eggs
- 1/2 cup milk or beer
- 1/2 cup vegetable oil
- 1 1/2 cups coleslaw mix
- 1/4 cup dressing slaw, Marretti's
- sauce tarter, Kraft Natural Lemon Flavor & Herb Tarter Sauce
- kaiser rolls split, buttered and toasted
- lemon wedges

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 120 milligrams
4. Fat: 43 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams
8. Sodium: 430 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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