

Southern Fried Catfish

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fried-catfish-recipe>

Ingredients:

- 1 pound catfish
- 1 cup cornmeal
- 1/4 cup corn flour
- 1 cup buttermilk
- 1 teaspoon dried thyme
- 1/2 tablespoon garlic powder
- 1 teaspoon ginger
- 2 teaspoons cinnamon
- 1 teaspoon coriander
- 1 teaspoon nutmeg
- 1 teaspoon cayenne
- 1 tablespoon smoked paprika
- 1/2 tablespoon pepper
- 1 tablespoon kosher salt

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 60 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1910 milligrams
9. Sugar: 4 grams

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