

Air Fried Catfish Nuggets With Greek Yogurt Remoulade

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-catfish-nuggets-recipe>

Ingredients:

- 2 cups water
- 2 tablespoons kosher salt
- 1 pound catfish fresh, nuggets
- 1/2 cup pecans
- 1/2 cup flour paleo, I use Bob's Red Mill
- 1 tablespoon Cajun seasoning
- 1 egg
- 3 dashes Tabasco Sauce
- 1 cup fat free greek yogurt
- 2 tablespoons Dijon mustard
- 2 tablespoons sweet paprika
- 2 teaspoons prepared horseradish
- 1 teaspoon Cajun seasoning
- 1 teaspoon pickle juice

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 105 milligrams
4. Fat: 25 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 4 grams
8. Sodium: 3690 milligrams
9. Sugar: 3 grams

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