

Southern Fried Cat Fish

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-cat-fish-recipe>

Ingredients:

- 1 1/2 cups cornmeal
- 1 tablespoon granulated garlic
- 1 teaspoon onion powder
- 1 teaspoon cayenne pepper
- 1 teaspoon black pepper or white
- 2 teaspoons salt adjust to taste
- 1 1/2 cups buttermilk
- 24 ounces catfish fillets cut in small chunks
- 1 cup mayonnaise
- 1 tablespoon diced onion finely
- 1 teaspoon mustard sauce
- 3 tablespoons relish hot pepper
- 1 tablespoon granulated garlic
- 1 dash hot sauce
- salt
- pepper

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 105 milligrams
4. Fat: 37 grams
5. Fiber: 6 grams
6. Protein: 37 grams
7. SaturatedFat: 8 grams
8. Sodium: 2080 milligrams
9. Sugar: 14 grams

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