

# Crispy Southern-fried catfish

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- oil for frying
- 1 1/2 cups cornmeal
- 1 tablespoon garlic powder
- 2 teaspoons salt
- 1 teaspoon onion powder
- 1 teaspoon sweet paprika
- 1/2 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 1/2 cups buttermilk
- 24 ounces catfish fillets

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 85 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 36 grams
7. SaturatedFat: 5 grams
8. Sodium: 1350 milligrams
9. Sugar: 6 grams

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