

# Southern Fried Fish Sandwich

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 pounds fish fillet I used whiting whiting, cod, catfish
- pepper for taste vegetable oil for frying
- 1/2 cup cornmeal
- 1 1/2 tablespoons all purpose flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/2 cup mayonnaise
- 1/4 teaspoon dried dill add more for taste
- 2 teaspoons sugar optional or add more for taste
- 2 tablespoons lemon juice add more or less for taste
- 1 tablespoon sweet relish

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 115 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 46 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1020 milligrams
9. Sugar: 5 grams

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