

Southern Pan Fried Fish

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 pounds whiting Fish Fillet, cod, catfish
- pepper
- salt
- vegetable oil for frying
- 3/4 cup cornmeal
- 1 tablespoon all purpose flour
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- pepper
- salt

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 150 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 44 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 560 milligrams
9. Sugar: 1 grams

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