

Southern-style Catfish With Dirty Rice

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1/2 cup cornmeal
- 1 tablespoon salt
- 1/4 teaspoon red bell pepper, sliced
- 1 pound catfish fillets
- 3/4 cup buttermilk
- 1/2 cup all-purpose flour
- 1/3 cup vegetable oil
- 1 package knorr cajun sides - dirty rice

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 55 milligrams
4. Fat: 29 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 4 grams
8. Sodium: 1870 milligrams
9. Sugar: 3 grams
10. TransFat: 0.5 grams

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