

Skillet-Grilled Catfish

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-grilled-catfish-recipe>

Ingredients:

- 1/4 cup all purpose flour
- 1/4 cup cornmeal
- 1 teaspoon onion powder
- 1 teaspoon dried basil
- 1/2 teaspoon garlic salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon white pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon pepper
- 4 catfish fillets 6 to 8 ounces each
- 1/4 cup butter

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 170 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 50 grams
7. SaturatedFat: 13 grams
8. Sodium: 240 milligrams

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