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2.12.2007

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Crunchy Fish Dippers

Recipe Rating: ★★★★★

Prep Time: 10 min **Total Time:** 35 min **Serves:** 8 (3 pieces each)



INGREDIENTS

8 catfish fillets (about 4 oz. each), each cut into 3 pieces
 2 eggs, beaten
 4 cups POST HONEY BUNCHES OF OATS Cereal, finely crushed
 1 cup BULL'S-EYE Original Barbecue Sauce

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PREPARATION

PREHEAT oven to 375°F. Spray 15x10x1-inch baking pan with cooking spray; set aside. Dip fish in eggs, turning over to evenly coat both sides. Coat fish evenly with cereal. Place in single layer in prepared pan.

BAKE 25 min. or until fish flakes easily with fork.

POUR barbecue sauce into a small bowl. Serve as a dipping sauce with fish.

KRAFT KITCHENS TIPS

Special Extra

For a more sophisticated taste, mix 1/2 cup GREY POUPON Dijon Mustard and 1/2 cup BULL'S-EYE Original Barbecue Sauce together in small bowl. Serve as a dipping sauce.

Try This

Kids love having a choice. Why not serve these Fish Dippers with small bowls of honey and ketchup as well as the BULL'S-EYE Original Barbecue Sauce!

NUTRITION INFORMATION

RATINGS AND COMMENTS

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★★★★★ LOLA380 on 11/24/2005

Nutrition (per serving)

Calories	310
Total fat	11 g
Saturated fat	2.5 g
Cholesterol	105 mg
Sodium	530 mg
Carbohydrate	30 g
Dietary fiber	1 g
Sugars	16 g

★★★★★ Alessandra00 on 1/21/2005

Protein	21 g
Vitamin A	15 %DV
Vitamin C	0 %DV
Calcium	4 %DV
Iron	40 %DV

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