



Baja Fish Tacos with Mango Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



909 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beer
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 5 cups canola oil
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1.5 pounds halibut fillet skinless cut into 16 (3 x 1-inch) strips

- ☐ 1 jalapeno minced seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup mangos diced ripe peeled
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon salt

Equipment

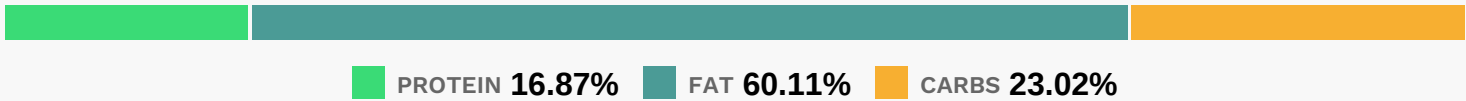
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ kitchen thermometer
- ☐ measuring cup

Directions

- ☐ Combine first 6 ingredients; set aside.
- ☐ Clip a fry thermometer to the side of a large, heavy saucepan.
- ☐ Add oil to pan; heat over medium-high heat until thermometer registers 37
- ☐ Reduce heat to medium, maintaining oil temperature.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, beer, black pepper, 1 teaspoon salt, and garlic powder, stirring with a whisk.
- ☐ Add fish to batter, tossing gently to coat.
- ☐ Remove fish from batter. Carefully add 4 or 5 fish pieces to hot oil; cook 4 to 5 minutes or until golden brown and done, turning occasionally (maintain oil temperature at 375 throughout cooking process).
- ☐ Drain fish on paper towels. Repeat procedure in batches with remaining fish.

Heat tortillas according to package directions. Divide fish evenly among tortillas; spoon about 2 tablespoons salsa into each tortilla.

Nutrition Facts



Properties

Glycemic Index:98.94, Glycemic Load:27.07, Inflammation Score:-9, Nutrition Score:32.071304570074%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 908.96kcal (45.45%), Fat: 60.19g (92.59%), Saturated Fat: 4.95g (30.93%), Carbohydrates: 51.87g (17.29%), Net Carbohydrates: 46.75g (17%), Sugar: 6.83g (7.59%), Cholesterol: 83.35mg (27.78%), Sodium: 797.57mg (34.68%), Alcohol: 2.3g (100%), Alcohol %: 0.45% (100%), Protein: 37.99g (75.99%), Selenium: 89.57µg (127.96%), Vitamin E: 11.52mg (76.8%), Vitamin B3: 13.89mg (69.47%), Phosphorus: 612.73mg (61.27%), Vitamin B6: 1.18mg (58.77%), Vitamin D: 7.99µg (53.3%), Vitamin K: 43.98µg (41.89%), Vitamin B12: 1.88µg (31.38%), Potassium: 994.19mg (28.41%), Vitamin C: 21.07mg (25.54%), Manganese: 0.5mg (25.04%), Magnesium: 93.11mg (23.28%), Vitamin B1: 0.34mg (22.9%), Folate: 90.94µg (22.74%), Fiber: 5.11g (20.45%), Vitamin B2: 0.24mg (14.08%), Iron: 2.23mg (12.4%), Vitamin A: 611.99IU (12.24%), Copper: 0.22mg (11.15%), Zinc: 1.56mg (10.39%), Vitamin B5: 0.89mg (8.93%), Calcium: 72.07mg (7.21%)