



WHATSheATE



Baja Fried-Fish Tacos



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 45 servings cabbage and cilantro slaw
- ☐ 12 corn tortillas warmed
- ☐ 1 cup beer dark
- ☐ 1 cup flour all-purpose
- ☐ 45 servings lime wedges
- ☐ 1 teaspoon salt
- ☐ 45 servings chipotle tartar sauce
- ☐ 45 servings vegetable oil

☐ 1.5 pounds boned firm

Equipment

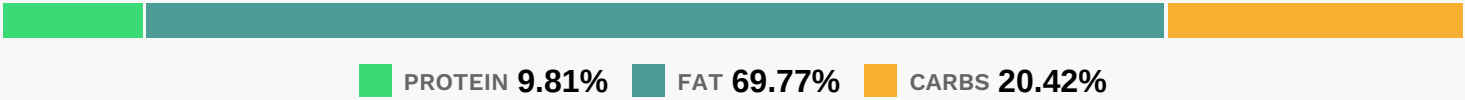
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ stove
- ☐ microwave
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ dutch oven
- ☐ steamer basket

Directions

- ☐ In a bowl, whisk beer, flour, and salt until well blended.
- ☐ Rinse fish and pat dry; cut crosswise into 1-inch-wide strips.
- ☐ Pour about 1 inch of oil into a 10- to 12-inch dutch oven over medium-high heat; bring oil to 36
- ☐ With a fork, dip each piece of fish into beer batter; lift out and let drain briefly. Slide fish into oil, a few pieces at a time, and cook until golden (adjust heat to maintain 360), turning if necessary to brown on all sides, 2 to 4 minutes per batch. With a slotted spoon, transfer to a paper towel-lined baking sheet. Keep warm in a 200 oven while you fry remaining fish.
- ☐ To assemble each taco, stack two tortillas and top with a couple of pieces of fish, then a spoonful of cabbage and cilantro slaw.
- ☐ Serve with the chipotle tartar sauce to add to taste and lime wedges to squeeze over the top.
- ☐ *To heat tortillas, wrap in foil and place in a steamer basket over boiling water, or microwave in a kitchen towel about 1 minute. Or, for a smoky char, toast directly on stovetop burner,

turning often.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:3.99, Inflammation Score:-3, Nutrition Score:9.313478189966%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 185.67kcal (9.28%), Fat: 14.72g (22.65%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 7.4g (2.69%), Sugar: 2.37g (2.63%), Cholesterol: 7.63mg (2.54%), Sodium: 82.21mg (3.57%), Alcohol: 0.2g (100%), Alcohol %: 0.22% (100%), Protein: 4.66g (9.31%), Vitamin K: 79.68µg (75.88%), Vitamin C: 25.93mg (31.44%), Selenium: 7.94µg (11.34%), Folate: 39.6µg (9.9%), Fiber: 2.29g (9.18%), Vitamin E: 1.35mg (9.01%), Manganese: 0.16mg (8.04%), Phosphorus: 69.76mg (6.98%), Vitamin B6: 0.13mg (6.55%), Vitamin B3: 1.05mg (5.26%), Potassium: 183.66mg (5.25%), Vitamin B1: 0.08mg (5.2%), Magnesium: 18.52mg (4.63%), Vitamin B12: 0.24µg (4%), Calcium: 36.38mg (3.64%), Iron: 0.64mg (3.56%), Vitamin B2: 0.06mg (3.39%), Vitamin D: 0.47µg (3.12%), Vitamin B5: 0.25mg (2.47%), Copper: 0.04mg (2.02%), Zinc: 0.29mg (1.93%), Vitamin A: 70.89IU (1.42%)