



Beer-Batter Baked Fish

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beer
- ☐ 2 egg whites at room temperature
- ☐ 1 egg yolk
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 24 ounce orange roughy fillets white lean
- ☐ 0.3 teaspoon pepper

☐ 0.3 teaspoon salt

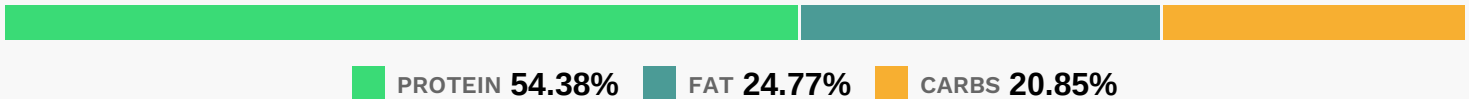
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 50
- ☐ Sprinkle 1 tablespoon flour and salt over 1 side of fillets.
- ☐ Place fillets, flour sides up, in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine 1/2 cup flour and pepper in a medium bowl. Gradually add beer, oil, and egg yolk, stirring with a wire whisk until blended.
- ☐ Beat egg whites at high speed of a mixer until stiff peaks form. Gently fold egg whites into beer mixture, and spread evenly over fillets.
- ☐ Bake at 500 for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:10.1, Inflammation Score:-5, Nutrition Score:18.173913188603%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 293.22kcal (14.66%), Fat: 7.79g (11.98%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 14.25g (5.18%), Sugar: 0.18g (0.2%), Cholesterol: 133.65mg (44.55%), Sodium: 262.48mg (11.41%), Alcohol: 1.15g (100%), Alcohol %: 0.61% (100%), Protein: 38.46g (76.92%), Selenium: 82.74µg (118.2%), Vitamin B12: 2.79µg (46.58%), Vitamin B3: 7.84mg (39.21%), Vitamin D: 5.52µg (36.77%), Phosphorus: 332.19mg (33.22%), Folate: 81.81µg (20.45%), Vitamin B2: 0.29mg (17.11%), Potassium: 571.46mg (16.33%), Vitamin B6: 0.31mg (15.68%), Vitamin B1: 0.22mg (14.48%), Magnesium: 53.64mg (13.41%), Vitamin B5: 1.08mg (10.82%), Iron: 1.94mg (10.77%), Manganese: 0.21mg (10.25%), Vitamin E: 1.31mg (8.75%), Copper: 0.16mg (8.15%), Zinc: 0.8mg (5.31%), Vitamin K: 4.78µg (4.55%), Calcium: 28.35mg (2.83%), Fiber: 0.5g (2.02%), Vitamin A: 65.57IU (1.31%)