



Beer-Batter-Fried Sardines and Lime

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



986 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup beer dark (not)
- ☐ 0.5 cup flour all-purpose
- ☐ 1 lime
- ☐ 0.5 teaspoon salt
- ☐ 2.3 ounce sardines canned
- ☐ 4 cups vegetable oil

Equipment

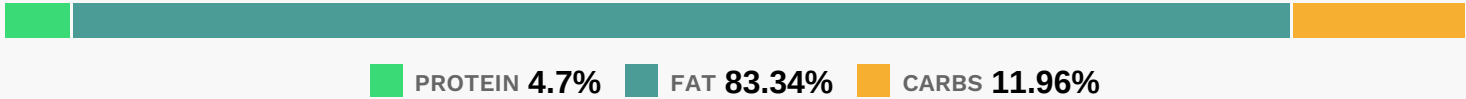
- ☐ bowl

- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ In a bowl whisk beer and salt into flour until smooth.
- ☐ Drain sardines and pat dry.
- ☐ Cut lime into 8 wedges.
- ☐ In a 3-quart saucepan heat oil over moderately high heat until a deep-fat thermometer registers 375°F. Working in batches of about 8 and holding sardines at head end to avoid breaking, dredge fish in batter to coat completely, dragging lightly against side of bowl to remove excess, and fry, stirring, until golden, 2 to 3 minutes. With a slotted spoon transfer sardines as fried to paper towels to drain. Fry lime wedges in oil until they begin to turn golden, about 30 seconds, and transfer to paper towels to drain.
- ☐ Serve sardines with lime.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:18.93, Inflammation Score:-8, Nutrition Score:18.901304307191%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 986.36kcal (49.32%), Fat: 91.21g (140.32%), Saturated Fat: 13.84g (86.52%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 27.68g (10.06%), Sugar: 0.65g (0.72%), Cholesterol: 45.29mg (15.1%), Sodium: 682.94mg (29.69%), Alcohol: 2.3g (100%), Alcohol %: 0.49% (100%), Protein: 11.58g (23.16%), Vitamin K: 161.48µg (153.8%), Vitamin E: 7.88mg (52.51%), Vitamin B12: 2.86µg (47.72%), Selenium: 27.89µg (39.84%), Phosphorus: 204.32mg (20.43%), Vitamin B3: 3.89mg (19.43%), Vitamin B1: 0.28mg (18.92%), Folate: 66.6µg (16.65%), Vitamin B2: 0.25mg (14.6%), Iron: 2.62mg (14.54%), Calcium: 140.29mg (14.03%), Manganese: 0.26mg (12.82%), Vitamin C: 9.75mg (11.82%), Vitamin D: 1.53µg (10.21%), Fiber: 1.78g (7.13%), Copper: 0.13mg (6.47%), Magnesium: 24.88mg (6.22%), Potassium: 210.27mg (6.01%), Vitamin B6: 0.11mg (5.43%), Zinc: 0.68mg (4.54%), Vitamin B5: 0.44mg (4.39%), Vitamin A: 51.19IU (1.02%)