



Beer-Battered Fish

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving vegetable oil
- 1 pound fish fillet frozen thawed
- 0.5 cup beer
- 0.5 teaspoon salt
- 1 eggs
- 1 serving tartar sauce
- 3 tablespoons frangelico
- 1 cup frangelico

Equipment

- bowl
- sauce pan
- deep fryer

Directions

- Heat oil (1 1/2 inches) in heavy 3–quart saucepan or deep fryer to 350°. Lightly coat fish with 3 to 4 tablespoons Bisquick mix.
- Beat 1 cup Bisquick mix, the beer, salt and egg with hand beater until smooth. (If batter is too thick, stir in additional beer, 1 tablespoon at a time, until desired consistency.) Dip fish into batter, letting excess drip into bowl.
- Fry fish in oil about 2 minutes on each side or until golden brown; drain.
- Serve hot with tartar sauce.

Nutrition Facts

PROTEIN 60.56% **FAT 36.55%** **CARBS 2.89%**

Properties

Glycemic Index:10.13, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:11.418695828594%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, 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, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 168.74kcal (8.44%), Fat: 6.52g (10.02%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.05g (0.06%), Cholesterol: 97.64mg (32.55%), Sodium: 368.12mg (16.01%), Alcohol: 1.15g (100%), Alcohol %: 0.92% (100%), Protein: 24.29g (48.59%), Selenium: 50.96µg (72.8%), Vitamin B12: 1.9µg (31.59%), Vitamin D: 3.74µg (24.9%), Vitamin B3: 4.59mg (22.93%), Phosphorus: 218.73mg (21.87%), Vitamin B6: 0.22mg (10.8%), Potassium: 365.84mg (10.45%), Folate: 34.17µg (8.54%), Magnesium: 33.73mg (8.43%), Vitamin K: 8.18µg (7.79%), Vitamin B2: 0.13mg (7.6%), Vitamin B5: 0.73mg (7.33%), Vitamin E: 0.86mg (5.73%), Copper:

0.09mg (4.74%), Iron: 0.84mg (4.65%), Vitamin B1: 0.05mg (3.49%), Zinc: 0.52mg (3.47%), Manganese: 0.05mg (2.42%), Calcium: 18.92mg (1.89%), Vitamin A: 59.81IU (1.2%)