

Beer-Battered Fish



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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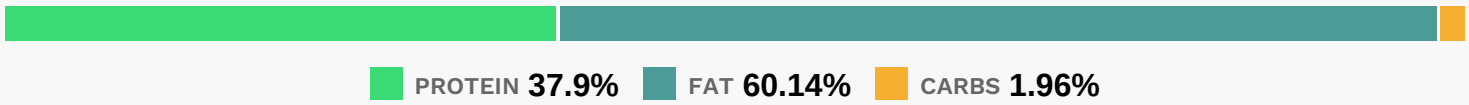
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ deep fryer

Directions

- ☐ Heat oil (1 1/2 inches) in heavy 3-quart saucepan or deep fryer to 35
- ☐ 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



Properties

Glycemic Index:10.13, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:12.497825992577%

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: 263.15kcal (13.16%), Fat: 17.14g (26.37%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.25g (0.46%), Sugar: 0.08g (0.09%), Cholesterol: 97.69mg (32.56%), Sodium: 373.12mg (16.22%), Alcohol: 1.15g (100%), Alcohol %: 0.86% (100%), Protein: 24.3g (48.6%), Selenium: 50.96µg (72.81%), Vitamin B12:

1.9µg (31.59%), Vitamin K: 27.87µg (26.54%), Vitamin D: 3.74µg (24.9%), Vitamin B3: 4.59mg (22.93%), Phosphorus: 218.86mg (21.89%), Vitamin E: 1.73mg (11.54%), Vitamin B6: 0.22mg (10.82%), Potassium: 366.35mg (10.47%), Folate: 34.21µg (8.55%), Magnesium: 33.78mg (8.44%), Vitamin B2: 0.13mg (7.61%), Vitamin B5: 0.73mg (7.34%), Copper: 0.09mg (4.74%), Iron: 0.84mg (4.67%), Vitamin B1: 0.05mg (3.5%), Zinc: 0.52mg (3.47%), Manganese: 0.05mg (2.46%), Calcium: 19.12mg (1.91%), Vitamin A: 61.05IU (1.22%)