



## Beer-Battered Fish and Chips

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound baking potatoes cut into (1/4-inch) strips
- 0.3 cup canola oil divided
- 1 pound filets cut into 3-inch pieces
- 1 cup beer dark divided (such as Negra Modelo)
- 0.8 cup flour all-purpose

## Equipment

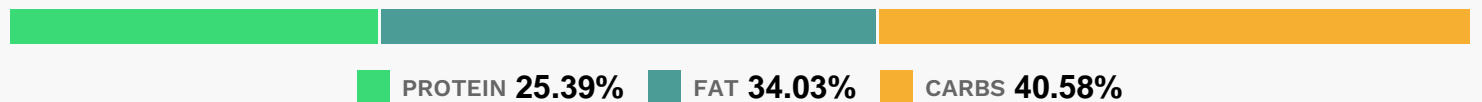
- bowl
- frying pan

- oven
- knife
- measuring cup

## Directions

- Preheat oven to 45
- Combine fish and 1/4 cup beer in a medium bowl. Cover and chill for 1 hour.
- Place potatoes on a jelly-roll pan coated with cooking spray.
- Drizzle with 1 tablespoon oil, and sprinkle with 1/4 teaspoon salt; toss well.
- Bake at 450 for 20 minutes or until browned and crisp, stirring after 10 minutes.
- Drain fish; discard liquid.
- Sprinkle fish with 1/4 teaspoon salt. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine remaining 3/4 cup beer, flour, and 1/2 teaspoon freshly ground black pepper in a medium bowl.
- Add fish to beer mixture, tossing gently to coat.
- Heat remaining 3 tablespoons oil in a large nonstick skillet over medium-high heat.
- Remove fish from bowl, shaking off excess batter.
- Add fish to pan; cook 3 minutes or until browned. Turn fish over; cook 3 minutes or until done.
- Sprinkle fish with 1/4 teaspoon salt.
- Serve immediately with chips.

## Nutrition Facts



## Properties

Glycemic Index:50.06, Glycemic Load:29.9, Inflammation Score:-6, Nutrition Score:17.218260855778%

## 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 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 417.01kcal (20.85%), Fat: 15.08g (23.2%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 38.36g (13.95%), Sugar: 0.77g (0.85%), Cholesterol: 48.76mg (16.25%), Sodium: 69.73mg (3.03%), Alcohol: 2.3g (100%), Alcohol %: 0.9% (100%), Protein: 25.32g (50.63%), Selenium: 46.29µg (66.13%), Vitamin B6: 0.71mg (35.33%), Phosphorus: 326.14mg (32.61%), Potassium: 982.21mg (28.06%), Vitamin B3: 5.2mg (26%), Vitamin B1: 0.37mg (24.41%), Vitamin E: 3.2mg (21.34%), Manganese: 0.36mg (17.98%), Magnesium: 71.07mg (17.77%), Folate: 70.24µg (17.56%), Vitamin B12: 1.04µg (17.4%), Vitamin B2: 0.24mg (14.22%), Iron: 2.51mg (13.92%), Vitamin K: 12.21µg (11.63%), Copper: 0.19mg (9.26%), Vitamin C: 7.6mg (9.21%), Fiber: 2.1g (8.43%), Vitamin D: 1.02µg (6.8%), Zinc: 1.01mg (6.73%), Vitamin B5: 0.64mg (6.42%), Calcium: 38.76mg (3.88%)