



Beer Battered Fish and Chips

 Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large baking potatoes french cut into fry strips
- ☐ 12 ounce beer
- ☐ 0.3 cup pepper black
- ☐ 1.5 pounds filets with bones removed, and fish cut diagonally into 1-inch-wide strips (5- to 6-inches long)
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup garlic powder
- ☐ 1 cup salt

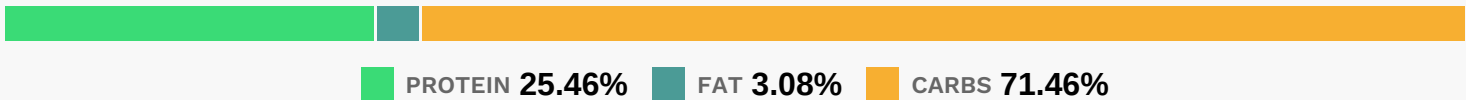
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ In a Dutch oven, heat oil to 375 degrees F.
- ☐ Fry potatoes until golden brown, roughly 10 minutes removing with a slotted spoon or spider. Hold in low oven to keep warm while cooking the fish.
- ☐ Preheat oven to 225 degrees F.
- ☐ In a large bowl, pour in 1 bottle of beer. Sift 1 1/2 cups flour into the bowl, whisking in gently until just combined, stir in House Seasoning. Pat fish dry and season on both sides with salt and pepper and coat the fish in the beer batter. Dredge the pieces of fish in 1/2 cup of remaining flour and slide into oil as coated. Fry fish, turning over frequently, until deep golden and cooked through, 4 to 5 minutes.
- ☐ Transfer to a paper towel-lined baking sheet and keep warm in oven. Fry remaining fish in batches, returning oil to 375 degrees F between batches.
- ☐ Serve fish with French fries.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:59.31, Glycemic Load:90.47, Inflammation Score:-9, Nutrition Score:43.927391166272%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 781.12kcal (39.06%), Fat: 2.64g (4.06%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 137.6g (45.87%), Net Carbohydrates: 126.05g (45.83%), Sugar: 2.91g (3.23%), Cholesterol: 73.14mg (24.38%), Sodium: 28420.12mg (1235.66%), Alcohol: 3.32g (100%), Alcohol %: 0.53% (100%), Protein: 49.02g (98.04%), Manganese: 3.14mg (157.07%), Selenium: 83.81µg (119.73%), Vitamin B6: 2.04mg (102.2%), Potassium: 2709.83mg (77.42%), Phosphorus: 712.23mg (71.22%), Vitamin B1: 1.01mg (67.13%), Vitamin B3: 11.74mg (58.71%), Iron: 9.25mg (51.38%), Magnesium: 195.56mg (48.89%), Folate: 192.51µg (48.13%), Fiber: 11.56g (46.23%), Copper: 0.82mg (40.97%), Vitamin B2: 0.61mg (35.87%), Vitamin K: 31.26µg (29.78%), Vitamin C: 22.91mg (27.77%), Vitamin B12: 1.56µg (26.08%), Vitamin B5: 2mg (19.96%), Zinc: 2.97mg (19.82%), Calcium: 182.67mg (18.27%), Vitamin D: 1.53µg (10.21%), Vitamin E: 1.42mg (9.44%), Vitamin A: 152.61IU (3.05%)