



Beer Battered Fish Tacos

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups mexican beer
- ☐ 4.5 ounce chiles green chopped old el paso® canned
- ☐ 1 teaspoon sea salt
- ☐ 1 cup flour all-purpose gold medal®
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 small cloves garlic crushed
- ☐ 2 jalapeño chiles thinly sliced

- ☐ 1 lime cut into wedges
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup cabbage shredded red
- ☐ 8 stand 'n taco shells old el paso® stuff®
- ☐ 8 servings vegetable oil for deep-frying
- ☐ 1 pound fish fillets white firm such as cod

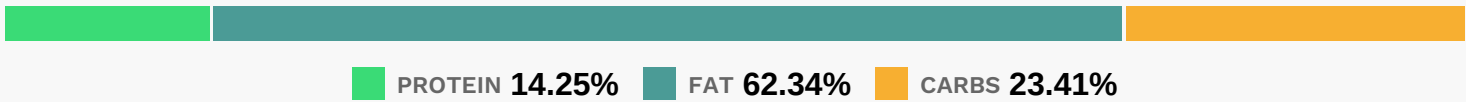
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ deep fryer

Directions

- ☐ In food processor, place Chimichurri Aioli ingredients. Cover; process, using quick on-and-off motions, until smooth. Empty into bowl, and refrigerate until ready to serve.
- ☐ In deep fryer or heavy saucepan, heat at least 2 inches oil to 350 degrees F. While oil is heating, mix flour and beer in medium bowl.
- ☐ Cut fish fillets into cubes. Dip cubes into batter, and fry fish in batches, about 3 minutes per side, until golden brown and cooked through.
- ☐ Drain on paper towels; sprinkle lightly with salt.
- ☐ Fill each taco shell with fish, cabbage, a dollop of aioli and chiles.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:14.33, Inflammation Score:-7, Nutrition Score:16.111304448998%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 415.37kcal (20.77%), Fat: 28.33g (43.58%), Saturated Fat: 5g (31.23%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 21.73g (7.9%), Sugar: 1.05g (1.17%), Cholesterol: 34.23mg (11.41%), Sodium: 518.47mg (22.54%), Alcohol: 1.44g (100%), Alcohol %: 0.94% (100%), Protein: 14.57g (29.13%), Vitamin K: 101.04µg (96.23%), Selenium: 30.35µg (43.35%), Vitamin C: 22.23mg (26.95%), Vitamin B3: 3.81mg (19.05%), Folate: 70.36µg (17.59%), Phosphorus: 159.58mg (15.96%), Vitamin B12: 0.92µg (15.33%), Vitamin E: 2.14mg (14.24%), Vitamin B1: 0.19mg (12.77%), Manganese: 0.25mg (12.42%), Vitamin D: 1.79µg (11.9%), Vitamin B6: 0.21mg (10.55%), Vitamin A: 509.16IU (10.18%), Iron: 1.83mg (10.16%), Vitamin B2: 0.16mg (9.19%), Magnesium: 36.25mg (9.06%), Potassium: 313.93mg (8.97%), Fiber: 2.2g (8.78%), Copper: 0.1mg (5.02%), Vitamin B5: 0.46mg (4.63%), Calcium: 41.85mg (4.19%), Zinc: 0.61mg (4.04%)