



HEALTH SCORE

52%

Beer-Battered Fish Tacos with Chipotle Crema

READY IN



26 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings cabbage shredded
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 16 5-inch corn tortillas ()
- ☐ 4 servings chipotle crema
- ☐ 1.3 pounds fish fillet white firm
- ☐ 1.5 cups flour all-purpose
- ☐ 4 servings cilantro leaves fresh

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings lime wedges
- ☐ 0.5 teaspoon salt
- ☐ 4 servings tomatoes chopped
- ☐ 4 servings vegetable oil

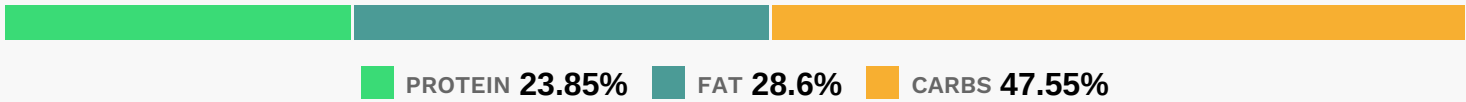
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Whisk in beer.
- ☐ Pour oil to a depth of 2 inches in a deep saucepan or Dutch oven.
- ☐ Heat over medium-high heat until temperature reaches 35
- ☐ Cut fish into bite-size pieces; dip into beer batter, letting excess batter drip back into bowl. Fry, in batches, 2 to 3 minutes or until golden brown and crispy on all sides.
- ☐ Drain on paper towels.
- ☐ Sprinkle with additional salt, if desired.
- ☐ Heat tortillas according to package directions. Divide fish among tortillas, using 2 stacked tortillas for each taco. Top with cabbage, cilantro, tomatoes, and Chipotle Crema.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:96.5, Glycemic Load:42.79, Inflammation Score:-9, Nutrition Score:38.055217494135%

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 Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 690.73kcal (34.54%), Fat: 21.61g (33.25%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 80.87g (26.96%), Net Carbohydrates: 71.38g (25.96%), Sugar: 8.2g (9.11%), Cholesterol: 78.82mg (26.27%), Sodium: 482.76mg (20.99%), Alcohol: 3.32g (100%), Alcohol %: 0.68% (100%), Protein: 40.55g (81.1%), Selenium: 80.01µg (114.3%), Vitamin K: 95.93µg (91.36%), Vitamin C: 50.72mg (61.48%), Phosphorus: 575.73mg (57.57%), Vitamin B3: 10.99mg (54.95%), Manganese: 0.94mg (47.15%), Folate: 185.8µg (46.45%), Vitamin B1: 0.61mg (40.39%), Fiber: 9.49g (37.96%), Vitamin B12: 2.26µg (37.61%), Vitamin A: 1699.94IU (34%), Potassium: 1184.28mg (33.84%), Vitamin B6: 0.68mg (33.8%), Magnesium: 131.11mg (32.78%), Vitamin D: 4.39µg (29.29%), Iron: 4.83mg (26.86%), Vitamin B2: 0.45mg (26.49%), Vitamin E: 3.06mg (20.37%), Copper: 0.41mg (20.33%), Calcium: 152.01mg (15.2%), Zinc: 2.13mg (14.21%), Vitamin B5: 1.32mg (13.18%)