



Beer-Battered Fish with Smoked-Paprika Mayonnaise

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



894 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup capers drained coarsely chopped
- ☐ 2.5 oz catfish filets ()
- ☐ 0.8 cup beer dark (not)
- ☐ 0.8 cup flour all-purpose
- ☐ 4 servings lemon wedges
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 teaspoon paprika smoked spanish hot

- ☐ 0.8 teaspoon salt
- ☐ 6 cups vegetable oil for frying

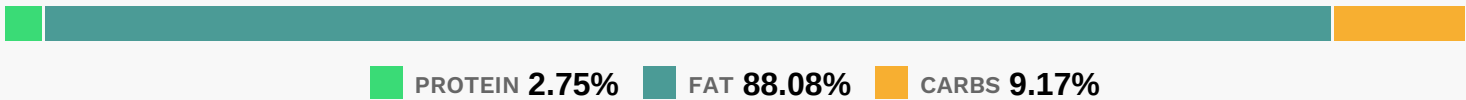
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Heat 2 inches oil in a wide 5- to 6-quart heavy pot over high heat until it registers 380°F on thermometer.
- ☐ While oil is heating, whisk together flour and salt in a shallow bowl, then whisk in beer (batter will be thick). Coat each piece of fish with batter and transfer to hot oil with tongs (remove thermometer). Cook over high heat, turning over once, until golden and just cooked through, 5 to 6 minutes total, then transfer fish to paper towels to drain.
- ☐ While fish fries, whisk capers and paprika into mayonnaise in a bowl.
- ☐ Serve with fish.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:13.68, Inflammation Score:-7, Nutrition Score:12.530869473582%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

0.02mg, Luteolin: 0.02mg Kaempferol: 14.72mg, Kaempferol: 14.72mg, Kaempferol: 14.72mg, Kaempferol: 14.72mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 18.89mg, Quercetin:
18.89mg, Quercetin: 18.89mg, Quercetin: 18.89mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin:
0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 893.57kcal (44.68%), Fat: 87.22g (134.18%), Saturated Fat: 13.45g (84.05%), Carbohydrates: 20.45g
(6.82%), Net Carbohydrates: 19.3g (7.02%), Sugar: 0.33g (0.37%), Cholesterol: 22.04mg (7.35%), Sodium:
926.82mg (40.3%), Alcohol: 1.73g (100%), Alcohol %: 0.48% (100%), Protein: 6.12g (12.24%), Vitamin K: 168.97µg
(160.93%), Vitamin E: 6.49mg (43.26%), Selenium: 11.25µg (16.07%), Vitamin B1: 0.23mg (15.32%), Vitamin D: 2.27µg
(15.14%), Folate: 51.53µg (12.88%), Vitamin B3: 2.06mg (10.29%), Vitamin B2: 0.16mg (9.7%), Manganese: 0.19mg
(9.28%), Iron: 1.49mg (8.29%), Phosphorus: 76.85mg (7.69%), Vitamin B12: 0.44µg (7.29%), Copper: 0.09mg
(4.58%), Fiber: 1.14g (4.57%), Vitamin A: 227.08IU (4.54%), Magnesium: 16.53mg (4.13%), Potassium: 120.45mg
(3.44%), Vitamin B6: 0.06mg (3.24%), Vitamin B5: 0.32mg (3.19%), Zinc: 0.35mg (2.36%), Calcium: 15.77mg (1.58%),
Vitamin C: 1.13mg (1.37%)