



Beer-Battered Fried Fish

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer
- ☐ 1.5 cups flour all-purpose
- ☐ 2 pounds grouper fillets cut into pieces
- ☐ 1 teaspoon hot sauce
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 8 servings vegetable oil

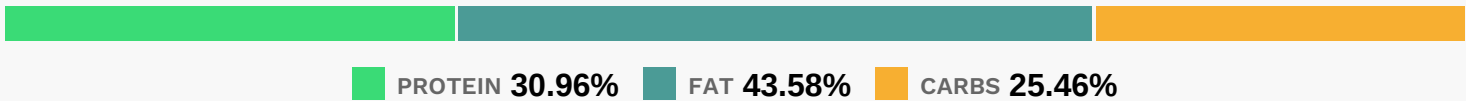
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Pour oil to depth of 3 inches into a large Dutch oven; heat to 36
- ☐ Meanwhile, sprinkle fish with salt and pepper.
- ☐ Whisk together flour and next 2 ingredients in a large bowl.
- ☐ Whisk in beer and hot sauce. Dip fish in batter, allowing excess batter to drip off.
- ☐ Gently lower fish into hot oil using tongs (to prevent fish from sticking to Dutch oven). Fry fish, in 4 batches, 2 to 3 minutes on each side or until golden brown.
- ☐ Place fried fish on a wire rack in a jelly-roll pan; keep warm in a 200 oven until ready to serve.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:14.09, Inflammation Score:-5, Nutrition Score:12.214347857496%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg 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: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 334.94kcal (16.75%), Fat: 15.39g (23.68%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 20.23g (6.74%),
Net Carbohydrates: 19.56g (7.11%), Sugar: 0.82g (0.91%), Cholesterol: 41.96mg (13.99%), Sodium: 366.2mg (15.92%),
Alcohol: 1.66g (100%), Alcohol %: 1.08% (100%), Protein: 24.61g (49.22%), Selenium: 49.6µg (70.86%), Vitamin K:
26.03µg (24.79%), Phosphorus: 215.22mg (21.52%), Vitamin B6: 0.37mg (18.56%), Vitamin B1: 0.27mg (17.72%),
Potassium: 586.73mg (16.76%), Folate: 55.7µg (13.92%), Iron: 2.13mg (11.81%), Vitamin B12: 0.69µg (11.48%),
Magnesium: 43.11mg (10.78%), Vitamin B3: 1.96mg (9.8%), Manganese: 0.2mg (9.8%), Vitamin B5: 0.97mg (9.73%),
Vitamin B2: 0.13mg (7.82%), Vitamin E: 1.16mg (7.74%), Zinc: 0.72mg (4.77%), Calcium: 36.62mg (3.66%), Vitamin A:
163.65IU (3.27%), Copper: 0.06mg (3.03%), Fiber: 0.67g (2.66%)