



Beer-battered Salmon Tacos with Chipotle Crema

READY IN



30 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beer room temperature
- ☐ 8 corn tortillas
- ☐ 4 servings chipotle crema
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 4 servings garnishes: lime wedges fresh shredded chopped
- ☐ 1 pound salmon fillet cut into pieces
- ☐ 1 teaspoon sea salt

☐ 4 servings vegetable oil

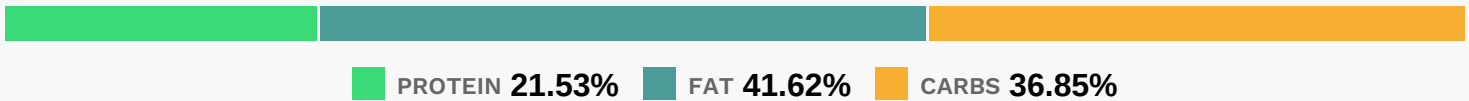
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Wrap tortillas in foil, and bake at 200 for 10 to 15 minutes or until warm.
- ☐ Combine flour and next 3 ingredients in a large, shallow bowl.
- ☐ Let stand 5 minutes.
- ☐ Heat 1 inch oil in a 10-inch heavy pot (2 to 3 inches deep) over moderate heat until a deep-fat thermometer registers 36
- ☐ Dip fish into batter to coat, draining excess. Fry fish in batches, turning once, 4 to 5 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Assemble tacos with warm tortillas, fish, and Chipotle Crema.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:28.24, Inflammation Score:-6, Nutrition Score:25.691738930733%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg,

Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg,
Quercetin: 0.02mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 565.52kcal (28.28%), Fat: 25.34g (38.99%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 50.5g (16.83%),
Net Carbohydrates: 46.22g (16.81%), Sugar: 1.03g (1.15%), Cholesterol: 70.32mg (23.44%), Sodium: 719.72mg
(31.29%), Alcohol: 2.3g (100%), Alcohol %: 1.01% (100%), Protein: 29.49g (58.98%), Selenium: 55.54µg (79.34%),
Vitamin B12: 3.62µg (60.3%), Vitamin B3: 11.85mg (59.24%), Vitamin B6: 1.08mg (54.21%), Phosphorus: 433.06mg
(43.31%), Vitamin B2: 0.63mg (37.35%), Vitamin B1: 0.55mg (36.95%), Vitamin K: 26.66µg (25.39%), Manganese:
0.47mg (23.54%), Folate: 91.84µg (22.96%), Vitamin B5: 2.11mg (21.14%), Copper: 0.42mg (20.96%), Magnesium:
81.67mg (20.42%), Potassium: 709.52mg (20.27%), Fiber: 4.27g (17.1%), Iron: 3.07mg (17.06%), Zinc: 1.64mg
(10.93%), Calcium: 89.68mg (8.97%), Vitamin E: 1.32mg (8.78%), Vitamin A: 117.13IU (2.34%)