



Beer-Battered Seafood

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



14 min.

SERVINGS



4

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving vegetable oil
- 1 pound fish fillet
- 0.5 cup beer
- 1 eggs
- 0.5 teaspoon salt
- 3 tablespoons frangelico
- 1 cup frangelico

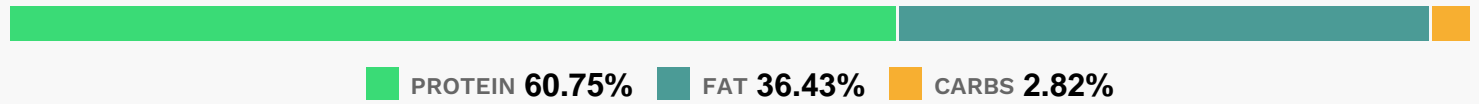
Equipment

- bowl
- sauce pan
- deep fryer

Directions

- Heat oil (1 1/2 inches) in heavy saucepan or deep fryer to 350°F. Lightly coat fish with 3 to 4 tablespoons Bisquick mix.
- Mix remaining ingredients with hand beater until smooth. (If batter is too thick, stir in additional beer, 1 tablespoon at a time, until desired consistency.) Dip fish into batter, letting excess drip into bowl.
- Fry fish about 2 minutes on each side or until golden brown; drain.
- Serve hot and, if desired, with tartar sauce.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:11.409565319186%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 168.22kcal (8.41%), Fat: 6.47g (9.96%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.04g (0.05%), Cholesterol: 97.62mg (32.54%), Sodium: 366.45mg (15.93%), Alcohol: 1.15g (100%), Alcohol %: 0.92% (100%), Protein: 24.29g (48.58%), Selenium: 50.96µg (72.79%), Vitamin B12: 1.9µg (31.59%), Vitamin D: 3.74µg (24.9%), Vitamin B3: 4.59mg (22.93%), Phosphorus: 218.69mg (21.87%), Vitamin B6: 0.22mg (10.8%), Potassium: 365.67mg (10.45%), Folate: 34.16µg (8.54%), Magnesium: 33.72mg (8.43%), Vitamin K: 8.06µg (7.67%), Vitamin B2: 0.13mg (7.59%), Vitamin B5: 0.73mg (7.33%), Vitamin E: 0.86mg (5.7%), Copper: 0.09mg (4.73%), Iron: 0.84mg (4.65%), Vitamin B1: 0.05mg (3.49%), Zinc: 0.52mg (3.47%), Manganese: 0.05mg (2.41%), Calcium: 18.86mg (1.89%), Vitamin A: 59.4IU (1.19%)