



# Beer Battered Tilapia with Red Chile Mandarin Orange Sauce

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.7 cup beer
- 4 servings pepper black freshly ground
- 11 ounce mandarin orange segments drained chopped canned
- 2 teaspoons chili paste depending on your taste pref red
- 1 eggs lightly beaten
- 4 fillet flounder

- 0.8 cup flour all-purpose divided
- 1 tablespoon cilantro leaves fresh chopped
- 2 tablespoons juice of lemon fresh
- 4 servings olive oil
- 4 servings salt

## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Heat enough olive oil, to shallow fry the fish, in a large skillet over medium-high heat
- In a shallow dish, whisk together 1/2 cup of the flour, beer, egg, and baking powder.
- Place remaining 1/4 cup flour in a separate shallow dish.
- Season both sides of fish fillets with salt and black pepper. Dredge fish in flour, turn to coat both sides and then shake off excess flour. Dunk fish in beer mixture and turn to coat both sides.
- Add fish to hot oil and cook 2 to 3 minutes per side, until cooked through and opaque.
- Remove fish from oil.
- Place on a paper towel lined plate.
- While the fish is frying, in a medium bowl, whisk together lemon juice and chili paste.
- Add mandarin oranges and cilantro and toss to combine.
- Serve sauce over fish.

## Nutrition Facts



## Properties

Glycemic Index:67.88, Glycemic Load:13.9, Inflammation Score:-8, Nutrition Score:20.064348117165%

## Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 395.66kcal (19.78%), Fat: 18.62g (28.64%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 26.78g (9.74%), Sugar: 6.95g (7.72%), Cholesterol: 117.42mg (39.14%), Sodium: 512.97mg (22.3%), Alcohol: 1.53g (100%), Alcohol %: 0.56% (100%), Protein: 25.75g (51.51%), Selenium: 57.13µg (81.62%), Phosphorus: 524.55mg (52.45%), Vitamin C: 29.76mg (36.07%), Vitamin B12: 2.03µg (33.78%), Vitamin D: 4.98µg (33.2%), Vitamin A: 1151.07IU (23.02%), Vitamin E: 3.35mg (22.36%), Vitamin B1: 0.3mg (20.04%), Vitamin B3: 3.76mg (18.79%), Folate: 64.65µg (16.16%), Calcium: 146.16mg (14.62%), Vitamin B2: 0.24mg (13.96%), Potassium: 448.21mg (12.81%), Vitamin B6: 0.26mg (12.76%), Magnesium: 49.37mg (12.34%), Iron: 2.09mg (11.6%), Manganese: 0.2mg (10.23%), Vitamin K: 9.2µg (8.77%), Zinc: 1.28mg (8.51%), Fiber: 1.63g (6.54%), Vitamin B5: 0.61mg (6.14%), Copper: 0.11mg (5.71%)