



Classic Baja Fried-Fish Tacos



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 cups cabbage shredded
- ☐ 20 warm corn tortillas
- ☐ 1 cup beer dark
- ☐ 1 cup flour all-purpose
- ☐ 10 servings lime wedges
- ☐ 10 servings mayonnaise thinned with a little water
- ☐ 10 servings salad oil
- ☐ 10 servings tomato salsa

- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds boned
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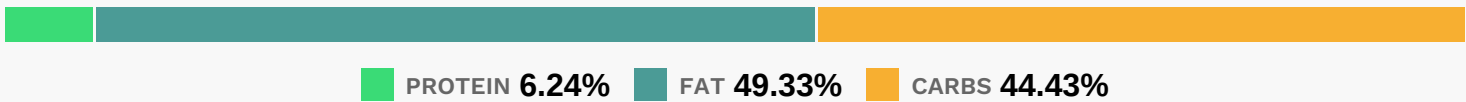
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ In a bowl, whisk beer, flour, and salt, blending well.
- ☐ Rinse fish and pat dry.
- ☐ Cut into 10 equal pieces.
- ☐ In a deep 5- to 6-quart pan, heat 1 inch salad oil to 36
- ☐ Using a fork, coat fish pieces with beer batter and lift out, draining briefly. Slide coated fish into oil, about 5 pieces at a time. Adjust heat to maintain oil temperature. When fritters are golden, in about 2 minutes, lift out with a slotted spoon and drain briefly on paper towels; keep warm. Repeat to fry remaining fish.
- ☐ To assemble each taco, stack 2 tortillas; add a fish fritter, cabbage, mayonnaise, and salsa. Squeeze lime over filling, fold tortillas, and eat.
- ☐ *Check fish for bones before cooking. Press surface with your fingers to locate; pull out with tweezers.

Nutrition Facts



Properties

Glycemic Index:29.2, Glycemic Load:17.84, Inflammation Score:-5, Nutrition Score:11.159130519661%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 338.3kcal (16.91%), Fat: 18.69g (28.76%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 32.79g (11.92%), Sugar: 2.87g (3.19%), Cholesterol: 1.68mg (0.56%), Sodium: 382.51mg (16.63%), Alcohol: 0.92g (100%), Alcohol %: 0.67% (100%), Protein: 5.32g (10.64%), Vitamin K: 44.49µg (42.37%), Vitamin E: 3.18mg (21.2%), Fiber: 5.09g (20.37%), Phosphorus: 200.44mg (20.04%), Manganese: 0.35mg (17.47%), Vitamin C: 13.71mg (16.62%), Magnesium: 50.71mg (12.68%), Vitamin B1: 0.18mg (12.1%), Vitamin B6: 0.23mg (11.54%), Selenium: 8.04µg (11.49%), Folate: 43.5µg (10.88%), Vitamin B3: 2.08mg (10.41%), Iron: 1.54mg (8.55%), Vitamin B2: 0.13mg (7.45%), Potassium: 260.37mg (7.44%), Calcium: 68.62mg (6.86%), Copper: 0.13mg (6.41%), Zinc: 0.91mg (6.04%), Vitamin A: 192.04IU (3.84%), Vitamin B5: 0.27mg (2.69%)