



## Crackling Fish Tacos with Chipotle Tartar Sauce

 Dairy Free

READY IN



62 min.

SERVINGS



8

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 to 2 chipotles in adobo sauce seeds removed, finely chopped
- 2 cups arugula leaves
- 1 cucumber peeled seeded sliced into 1/2-inch pieces quartered
- 1 cup flour all-purpose
- 8 8-inch flour tortillas
- 1 cup cilantro leaves fresh
- 2 cloves garlic finely chopped

- 4 cloves garlic minced
- 1 tablespoon juice of lime fresh
- 8 servings lime wedges for serving
- 0.8 cup mayonnaise
- 2 orange zest
- 1 teaspoon pepper freshly ground
- 2 pounds snapper fillets skinless white red firm (or other , flaky fish)
- 1 teaspoon salt
- 8 servings salt
- 1 scallion light white green finely chopped
- 3 cups vegetable oil for frying
- 2 tablespoons worcestershire sauce

## Equipment

- bowl
- frying pan
- paper towels
- pot
- plastic wrap
- kitchen towels

## Directions

- Combine all the tartar sauce ingredients in a small bowl, using salt to taste. Cover and refrigerate until ready to use.
- Rinse the fish under cold water and pat dry with paper towels.
- Cut into 1-inch pieces and put in a bowl with the Worcestershire sauce, garlic, salt and pepper. Turn the fish to coat. Cover with plastic wrap and refrigerate for 20 minutes or up to 4 hours.
- Place the flour in a shallow dish and toss the fish pieces in it, a few at a time, until evenly coated.

- Heat the oil in a large pot over medium–high heat. (To see if it's hot enough, place a small piece of bread in the oil; it should sizzle immediately.) Carefully add a few pieces of fish at a time, shaking off excess flour before placing them in the oil. Fry until golden brown, 4 to 6 minutes; transfer to a paper–towel–lined plate.
- Meanwhile, heat a medium skillet over medium–high heat.
- Add a tortilla and warm for 10 to 20 seconds on each side.
- Place on a plate and cover with a kitchen towel; repeat with the remaining tortillas.
- Spread a dollop of the chipotle tartar sauce on a warmed tortilla.
- Add a few pieces of cucumber and top with 3 or 4 pieces of fish, a few arugula and cilantro leaves and a little orange zest.
- Serve with lime wedges and more tartar sauce on the side.
- Photograph by Tina Rupp

## Nutrition Facts



**PROTEIN 19.08%** **FAT 54.47%** **CARBS 26.45%**

## Properties

Glycemic Index:49.25, Glycemic Load:17.05, Inflammation Score:-7, Nutrition Score:27.576956396518%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 632.54kcal (31.63%), Fat: 37.94g (58.37%), Saturated Fat: 6.8g (42.52%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 38.16g (13.88%), Sugar: 3.35g (3.72%), Cholesterol: 50.78mg (16.93%), Sodium: 1125.18mg (48.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.9g (59.81%), Selenium: 60.94µg (87.06%), Vitamin K: 86.09µg (81.99%), Vitamin D: 11.61µg (77.39%), Vitamin B12: 3.43µg (57.12%), Phosphorus: 370.32mg (37.03%), Vitamin B1: 0.46mg (30.77%), Vitamin B6: 0.55mg (27.7%), Manganese: 0.5mg (25.01%), Folate: 97.17µg (24.29%), Vitamin E: 3.24mg (21.58%), Potassium: 697.57mg (19.93%), Iron: 3.41mg (18.94%), Vitamin B3: 3.64mg (18.19%), Magnesium: 61.25mg (15.31%), Vitamin B2: 0.26mg (15.19%), Calcium: 145.89mg (14.59%), Fiber: 3.3g (13.18%), Vitamin C: 10.77mg (13.06%), Vitamin B5: 1.2mg (11.99%), Vitamin A: 448.48IU (8.97%), Copper: 0.17mg (8.51%), Zinc:

0.97mg (6.47%)