



Crispy Beer Battered Fish Sandwich



Dairy Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette sliced in half cut into 4 sandwich sized pieces and
- ☐ 1 teaspoon double-acting baking powder
- ☐ 12 ounce beer
- ☐ 2 cups coleslaw
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour
- ☐ 1 pound haddock cut into sandwich sized pieces
- ☐ 4 servings oil for frying

- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup tartar sauce

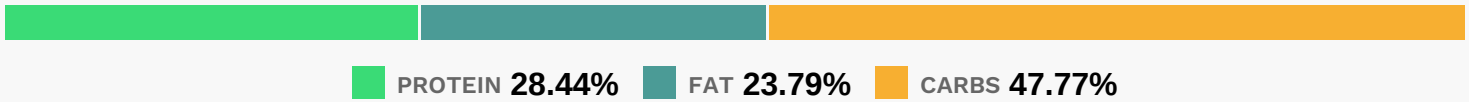
Equipment

- ☐ bowl

Directions

- ☐ Mix the beer, flour, baking powder, salt and egg into a batter in a bowl.Season the fish with salt and pepper.Dredge the fish in the flour and shake off any excess.Dip the fish into the batter and lightly shake off the excess.Fry the fish in preheated 375F oil until cooked, golden brown and crispy, about 4-5 minutes.Assemble sandwiches and enjoy.

Nutrition Facts



Properties

Glycemic Index:80.81, Glycemic Load:31.24, Inflammation Score:-7, Nutrition Score:22.64608679647%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg 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: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 459.29kcal (22.96%), Fat: 11.32g (17.41%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 51.13g (17.04%), Net Carbohydrates: 48.37g (17.59%), Sugar: 5.33g (5.92%), Cholesterol: 97.22mg (32.41%), Sodium: 961.8mg (41.82%), Alcohol: 3.32g (100%), Alcohol %: 1.14% (100%), Protein: 30.44g (60.87%), Selenium: 58.29µg (83.27%), Vitamin K: 44.78µg (42.65%), Vitamin B1: 0.61mg (40.51%), Phosphorus: 378.87mg (37.89%), Vitamin B3: 6.65mg (33.27%), Folate: 130.83µg (32.71%), Vitamin B2: 0.45mg (26.59%), Manganese: 0.51mg (25.52%), Vitamin B6: 0.47mg (23.29%), Iron: 3.89mg (21.63%), Potassium: 681.55mg (19.47%), Vitamin B12: 1.17µg (19.43%), Vitamin C: 14.59mg (17.68%), Calcium: 176.67mg (17.67%), Magnesium: 68.73mg (17.18%), Vitamin E: 2.06mg (13.74%), Fiber: 2.75g (11.01%), Zinc: 1.38mg (9.2%), Vitamin D: 1.27µg (8.47%), Vitamin B5: 0.8mg (7.99%), Copper: 0.16mg (7.82%), Vitamin A: 193.36IU (3.87%)