



Crispy Crunchy Fish and Chips

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



1215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 cups canola plus 2 teaspoons canola oil
- ☐ 2 cups flour all-purpose for dredging
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons relish
- ☐ 4 small russet potatoes washed
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 2 teaspoon seafood seasoning
- ☐ 2 cups seltzer water
- ☐ 4 fillet tilapia sliced in 1/2

Equipment

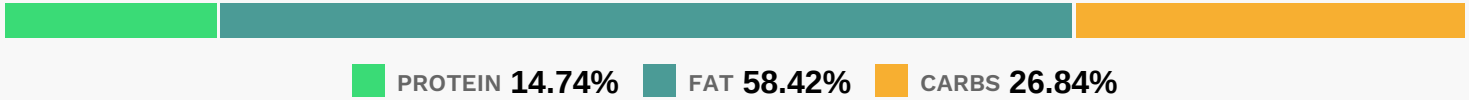
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ pie form

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place a baking sheet in the oven to preheat.
- ☐ Using the slicing attachment on a food processor or a knife, slice the potatoes into thin discs about 1/4-inch thick.
- ☐ Place 1/3 of the sliced potatoes into a container with cold water and reserve for another use.
- ☐ Place remaining 2/3 of the potatoes in a large bowl with 2 teaspoons canola oil, salt and pepper, to taste, and toss to coat.
- ☐ Remove the baking sheet from the oven and spray with nonstick cooking spray.
- ☐ Transfer the potatoes to the baking sheet and bake for 10 minutes, flip each chip and bake for another 10 minutes.
- ☐ In a medium pot heat 3 cups of canola oil to 360 degrees F.
- ☐ In a large bowl combine remaining dry ingredients except 1/2 cup flour and season with salt and pepper.
- ☐ Whisk in the seltzer water.

- ☐
- Place the remaining 1/2 cup flour on a plate or pie dish and season with salt and pepper. Dredge the tilapia in the flour, shake off excess, then dip into batter. Carefully place the battered fish into the hot oil. Working in batches so not to crowd the pot, fry for 6 minutes until golden brown.
- ☐
- Remove to an oven-proof plate lined with papers towels or a brown paper bag. Repeat with remaining fillets. While frying remaining tilapia keep the cooked fillets warm in a preheated 250 degree F oven.
- ☐
- Serve immediately with chips and Tartar Sauce on the side.
- ☐
- Combine all ingredients in a small bowl and mix until well blended.

Nutrition Facts



Properties

Glycemic Index:83.44, Glycemic Load:59.34, Inflammation Score:-8, Nutrition Score:37.30434740108%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1214.58kcal (60.73%), Fat: 79.25g (121.92%), Saturated Fat: 10.2g (63.74%), Carbohydrates: 81.93g (27.31%), Net Carbohydrates: 77.77g (28.28%), Sugar: 1.64g (1.82%), Cholesterol: 108.52mg (36.17%), Sodium: 772.73mg (33.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45g (89.99%), Selenium: 94.3µg (134.71%), Vitamin K: 129.08µg (122.94%), Vitamin B3: 12.16mg (60.78%), Vitamin E: 8.47mg (56.46%), Phosphorus: 510.65mg (51.06%), Vitamin B1: 0.71mg (47.44%), Folate: 183.75µg (45.94%), Vitamin B12: 2.75µg (45.89%), Vitamin B6: 0.91mg (45.48%), Manganese: 0.84mg (42.21%), Potassium: 1319.73mg (37.71%), Vitamin D: 5.38µg (35.88%), Iron: 6.12mg (34.01%), Vitamin B2: 0.49mg (28.71%), Magnesium: 105.02mg (26.25%), Copper: 0.43mg (21.34%), Calcium: 187.32mg (18.73%), Vitamin B5: 1.71mg (17.15%), Fiber: 4.16g (16.64%), Vitamin C: 10.85mg (13.15%), Zinc: 1.74mg (11.62%), Vitamin A: 77.64IU (1.55%)