



food
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Crispy Fish Tacos

READY IN



30 min.

SERVINGS



8

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 8 servings pepper black freshly ground
- ☐ 3 cups canola oil
- ☐ 8 corn tortillas
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons cilantro leaves fresh divided chopped
- ☐ 2 teaspoon garlic chopped
- ☐ 0.5 head cabbage shredded green for round 2 recipe, bean and cheese chalupas (reserve remaining half)

- ☐ 1 tablespoon hot sauce
- ☐ 8 servings kosher salt
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.3 pounds tilapia fillets
- ☐ 1 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ microwave

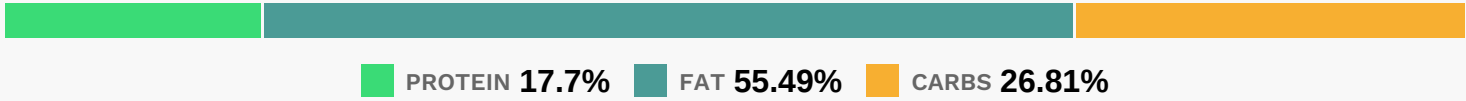
Directions

- ☐ Cut the fish into 1 1/2-inch chunks. (Reserve 1 fillet and refrigerate for the online Round 2 Recipe, Ceviche.)
- ☐ To make the batter, whisk together the flour, baking powder, and salt in a medium bowl.
- ☐ Whisk in enough water, about 1 to 1 1/2 cups, until the mixture is the consistency of pancake batter.
- ☐ Heat the oil in a deep skillet over medium heat to 360 degrees F.
- ☐ When the oil is hot, working in batches, dip the fish pieces into the batter and carefully add them to the hot oil. Cook the fish until golden brown on both sides and the fish is cooked through, about 4 to 6 minutes total.
- ☐ Remove from the pan and drain on to a sheet tray lined with a paper bag or paper towels.
- ☐ To make the sauce, whisk together the mayonnaise, sour cream, hot sauce, lime juice, garlic, and 2 tablespoons cilantro in a small bowl. Taste and adjust seasoning with salt and pepper.
- ☐ Wrap the tortillas in a damp towel and microwave on medium for 1 minute to warm. Put about 1/4 cup of the shredded cabbage on each tortilla. Put 3 pieces of the fried fish on top of the

cabbage, then top with some sauce. Arrange the tacos on a serving platter and garnish with a sprinkle of cilantro.

☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:14.71, Inflammation Score:-6, Nutrition Score:17.489564957826%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 408.44kcal (20.42%), Fat: 25.6g (39.39%), Saturated Fat: 3.36g (21%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 24.29g (8.83%), Sugar: 2.43g (2.7%), Cholesterol: 42.62mg (14.21%), Sodium: 397.23mg (17.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.75%), Vitamin K: 68.36µg (65.1%), Selenium: 37.22µg (53.17%), Vitamin C: 22.89mg (27.74%), Phosphorus: 253.46mg (25.35%), Vitamin E: 3.66mg (24.39%), Vitamin B3: 4.23mg (21.17%), Vitamin B12: 1.14µg (19.05%), Folate: 72.5µg (18.13%), Manganese: 0.34mg (16.86%), Vitamin D: 2.21µg (14.74%), Vitamin B1: 0.22mg (14.38%), Fiber: 3.54g (14.15%), Vitamin B6: 0.27mg (13.28%), Magnesium: 49.96mg (12.49%), Potassium: 395.77mg (11.31%), Vitamin B2: 0.18mg (10.45%), Iron: 1.82mg (10.11%), Calcium: 93.69mg (9.37%), Copper: 0.14mg (6.95%), Vitamin B5: 0.61mg (6.09%), Zinc: 0.84mg (5.58%), Vitamin A: 119.77IU (2.4%)