



Crispy Fish Tacos

READY IN



40 min.

SERVINGS



8

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chipotle peppers in adobo sauce canned
- ☐ 8 corn tortillas
- ☐ 3 eggs
- ☐ 2 pounds halibut white firm
- ☐ 2 juice of lime
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings lime wedges for garnish
- ☐ 1.5 cups mayonnaise
- ☐ 0.5 head napa cabbage shredded

- ☐ 2 cups panko bread crumbs
- ☐ 8 servings vegetable oil; peanut oil preferred for frying
- ☐ 1.5 cups cup heavy whipping cream sour

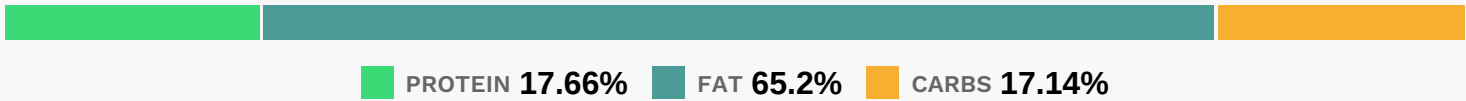
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ blender

Directions

- ☐ To fry the fish: Fill a large heavy bottomed pot about 1/3 full of peanut oil.
- ☐ Heat to 375 degrees F. While the oil is heating, put the breadcrumbs into a shallow dish. Break the eggs into another shallow dish, season with salt and pepper, and beat them with 2 tablespoons of water.
- ☐ Cut the fish into 1-inch wide strips. Dip them into the egg, then coat them well with the breadcrumbs. Set aside and let them rest for 10 minutes. Cook the fish a few pieces at a time until golden brown and cooked through, about 3 to 5 minutes.
- ☐ Drain on paper towels.
- ☐ Heat a dry cast iron skillet over medium heat. Warm a corn tortilla in the pan until it softens, about 30 seconds.
- ☐ Place a fish strip on it, top with some of the shredded cabbage, and a big dollop of Pink Chili Mayo. Squeeze on some lime juice, roll up, and eat!
- ☐ Put the mayonnaise, sour cream, peppers, and lime juice in a blender and process to a puree. Refrigerate the mayo for 1/2 hour to let the flavors to blend; taste and adjust seasoning with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:5.55, Inflammation Score:-7, Nutrition Score:27.072608844094%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 652.38kcal (32.62%), Fat: 47.32g (72.8%), Saturated Fat: 10.91g (68.22%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 24.54g (8.93%), Sugar: 4.12g (4.57%), Cholesterol: 160.03mg (53.34%), Sodium: 507.4mg (22.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.83g (57.67%), Selenium: 65.06µg (92.94%), Vitamin K: 94.51µg (90.01%), Phosphorus: 465.98mg (46.6%), Vitamin B3: 9.06mg (45.29%), Vitamin B6: 0.88mg (43.98%), Vitamin D: 5.74µg (38.29%), Vitamin B12: 1.59µg (26.46%), Potassium: 801.12mg (22.89%), Folate: 88.68µg (22.17%), Vitamin C: 18.12mg (21.96%), Vitamin E: 3.02mg (20.12%), Manganese: 0.37mg (18.42%), Vitamin B1: 0.27mg (18.03%), Vitamin B2: 0.3mg (17.46%), Magnesium: 66.11mg (16.53%), Calcium: 157.74mg (15.77%), Fiber: 3.45g (13.79%), Vitamin A: 645.42IU (12.91%), Iron: 1.92mg (10.67%), Vitamin B5: 1.04mg (10.42%), Zinc: 1.52mg (10.15%), Copper: 0.16mg (7.81%)