



## Crispy Fish Tacos with Spicy Sweet and Sour Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup cream sour
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon juice of lime
- 1 teaspoon brown sugar light packed
- 1 chipotles in adobo chopped (from 7-oz can)
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.5 teaspoon ground cumin

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon garlic powder
- 0.8 cup beer
- 0.3 cup water
- 1 serving vegetable oil
- 1 lb filets skinless cut into 5x3/4-inch strips
- 6 12-inch flour tortilla ( )
- 2 cups lettuce shredded
- 0.8 cup salsa
- 1 avocado pitted peeled sliced
- 4 oz monterrey jack cheese shredded
- 1 lime cut into 6 wedges
- 1 serving cilantro leaves fresh

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wire rack
- aluminum foil
- dutch oven
- tongs
- deep fryer

## Directions

- In small bowl, mix all sauce ingredients well; set aside.

- In large bowl, beat flour, salt, cumin, baking powder and garlic powder with wire whisk. Stir in beer and water until no dry flour mixture is visible.
- Heat oven to 200°F (or set to warm). Line cookie sheet with foil.
- Place wire rack on lined cookie sheet and place in oven.
- In 4-quart Dutch oven or deep fryer, heat 1 1/2 inches oil to 375°F. Dip fish strips in batter and remove with tongs, holding fish strips over bowl so excess batter drips off. Lower fish strips into hot oil. Repeat with remaining fish strips. (Do not crowd pan; cook only as many fish strips at once that will fit in pan without touching each other.) Cook fish strips 4 minutes on one side until golden brown. Turn fish (flip fish away from you to avoid being splattered with hot oil) and cook 3 minutes on other side until golden.
- Remove fish from pan and place on wire rack on cookie sheet. Keep fish warm in oven while you prepare remaining strips.
- To assemble tacos, place 1 or 2 fish strips on center of each tortilla. Top with about 2 tablespoons sauce, the lettuce, salsa, avocado, cheese, a squirt of lime juice and the cilantro.

## Nutrition Facts



■ PROTEIN **17.46%**
■ FAT **37.14%**
■ CARBS **45.4%**

### Properties

Glycemic Index:74.42, Glycemic Load:30.46, Inflammation Score:-8, Nutrition Score:29.726521699325%

### Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg  
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 Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg  
 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg  
 Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg  
 Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

### Nutrients (% of daily need)

Calories: 742.08kcal (37.1%), Fat: 30.4g (46.77%), Saturated Fat: 12.03g (75.17%), Carbohydrates: 83.59g (27.86%),  
 Net Carbohydrates: 75.32g (27.39%), Sugar: 8.67g (9.63%), Cholesterol: 71.94mg (23.98%), Sodium: 1437.51mg

(62.5%), Alcohol: 1.15g (100%), Alcohol %: 0.35% (100%), Protein: 32.16g (64.32%), Selenium: 62.39µg (89.13%), Vitamin B1: 0.86mg (57.04%), Phosphorus: 568.03mg (56.8%), Folate: 194.72µg (48.68%), Vitamin B3: 9.05mg (45.23%), Manganese: 0.85mg (42.45%), Vitamin B2: 0.68mg (40.14%), Calcium: 396.49mg (39.65%), Iron: 6.25mg (34.74%), Fiber: 8.27g (33.1%), Vitamin K: 28.22µg (26.87%), Potassium: 848.55mg (24.24%), Vitamin B6: 0.47mg (23.41%), Magnesium: 82.64mg (20.66%), Vitamin B12: 0.93µg (15.52%), Vitamin A: 754.48IU (15.09%), Copper: 0.29mg (14.36%), Zinc: 2.13mg (14.2%), Vitamin E: 2.05mg (13.69%), Vitamin C: 9.78mg (11.85%), Vitamin B5: 1.16mg (11.57%), Vitamin D: 0.79µg (5.29%)