



 **78%**
HEALTH SCORE

Crunchy Fried Fish Tacos

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



10168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup beer plus more as necessary)
- 2 teaspoons pepper black
- 1 small head cabbage shredded finely
- 1.5 cups cake flour
- 2 tablespoons chili powder
- 16 corn tortillas warmed
- 1 eggs
- 1 pound fish fillet white cut into eight 2-ounce fingers (such as cod, hake, or halibut)

- 0.5 cup cilantro leaves fresh finely chopped
- 2 servings kosher salt
- 2 lime cut into wedges
- 0.8 cup mayonnaise (see note above)
- 2 quarts vegetable oil; peanut oil preferred
- 2 tablespoons chili sauce (see note above)

Equipment

- bowl
- paper towels
- whisk
- wok
- dutch oven
- tongs
- deep fryer

Directions

- Combine flour, paprika, black pepper, and salt and whisk to combine.
- Transfer half of mixture to a large bowl and set aside.
- Add beer and egg to remaining mixture and whisk until a smooth batter is formed. Batter should have the consistency of thick paint (add up to 1/2 cup more beer as necessary until proper consistency is reached). Set aside.
- Combine mayonnaise and hot sauce in a medium bowl and whisk until homogenous. Set aside.
- Heat oil in a deep fryer, Dutch oven, or large wok to 350°F.
- Transfer fish pieces to bowl with batter and turn to coat thoroughly. Working one piece at a time, lift fish, let excess batter drip off, then transfer to bowl with remaining flour mixture. Toss to coat thoroughly. Lift carefully with tongs or dry fingers and slowly lower into hot oil. Repeat with remaining fish.
- Fry, turning occasionally, until golden brown on all sides, about 3 minutes total.

- Transfer to a paper towel-lined plated and season with salt.
- Divide tortillas into 8 double stacks. Top each with shredded cabbage, 1 piece of fish, pickled red onions, chili mayo, and cilantro.
- Serve with lime wedges.

Nutrition Facts

■ **PROTEIN 3.07%**
■ **FAT 89.17%**
■ **CARBS 7.76%**

Properties

Glycemic Index:174, Glycemic Load:92.89, Inflammation Score:-10, Nutrition Score:67.478695413341%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 10167.73kcal (508.39%), Fat: 1024.38g (1575.97%), Saturated Fat: 173.32g (1083.23%), Carbohydrates: 200.66g (66.89%), Net Carbohydrates: 170.74g (62.09%), Sugar: 17.86g (19.84%), Cholesterol: 230.52mg (76.84%), Sodium: 1375.42mg (59.8%), Alcohol: 3.45g (100%), Alcohol %: 0.21% (100%), Protein: 79.4g (158.79%), Vitamin E: 157.57mg (1050.47%), Vitamin K: 443.7µg (422.57%), Selenium: 157.2µg (224.56%), Vitamin C: 153.7mg (186.3%), Phosphorus: 1344.96mg (134.5%), Manganese: 2.51mg (125.44%), Fiber: 29.92g (119.67%), Vitamin B6: 1.62mg (80.86%), Vitamin B3: 15.58mg (77.92%), Magnesium: 308.27mg (77.07%), Folate: 280.9µg (70.22%), Vitamin A: 3317.66IU (66.35%), Vitamin B12: 3.9µg (64.96%), Potassium: 2170.81mg (62.02%), Iron: 9.39mg (52.14%), Vitamin D: 7.64µg (50.92%), Copper: 0.94mg (47.19%), Vitamin B1: 0.66mg (44.09%), Calcium: 433.77mg (43.38%), Vitamin B2: 0.72mg (42.64%), Zinc: 5.91mg (39.41%), Vitamin B5: 3.28mg (32.84%)