



Fish and Chips

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon double-acting baking powder
- 6 servings canola oil
- 3 egg yolks
- 6 servings malt vinegar
- 4 large to 6 potatoes peeled cut in batonnets
- 6 servings salt and pepper black freshly ground
- 36 ounce tilapia fillets sliced in 1/2 lengthwise into 12 strips
- 1 cup flour white

- 1 cup enough to create correct consistency as needed for dipping fillets
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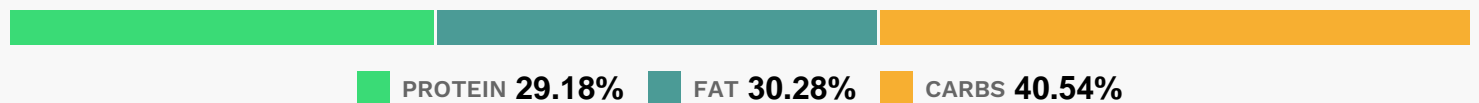
Equipment

- paper towels
- whisk
- mixing bowl

Directions

- Combine the flour and baking powder in a mixing bowl and season with salt and pepper. Beat egg yolks with a small amount of the water in a small bowl (a 2 cup glass measuring pitcher works great for this).
- Whisk the egg mixture a little at a time into the flour and add additional water, as necessary, to achieve a smooth consistency for the batter.
- Heat the canola oil in a deep-fryer to 375 degrees F or as instructed in the manufacturer's instructions for potatoes and fish or similar foods.
- Fry potatoes in deep-fryer until golden brown and drain on paper towels. Season with salt.
- Dip tilapia into batter, deep-fry until golden brown and transfer to paper towels to drain.
- Serve with malt vinegar or your choice of condiments.

Nutrition Facts



Properties

Glycemic Index:55.46, Glycemic Load:43.06, Inflammation Score:-7, Nutrition Score:31.827826220056%

Flavonoids

Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 582.61kcal (29.13%), Fat: 19.71g (30.32%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 53.35g (19.4%), Sugar: 2.03g (2.25%), Cholesterol: 182.25mg (60.75%), Sodium: 143.4mg

(6.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.72g (85.44%), Selenium: 83.97µg (119.96%), Vitamin C: 48.46mg (58.74%), Vitamin B3: 10.47mg (52.33%), Vitamin B6: 1.04mg (52.11%), Phosphorus: 494.65mg (49.46%), Vitamin B12: 2.86µg (47.72%), Potassium: 1582.95mg (45.23%), Vitamin D: 5.76µg (38.39%), Folate: 131.47µg (32.87%), Manganese: 0.6mg (30.09%), Vitamin B1: 0.45mg (29.74%), Magnesium: 107.85mg (26.96%), Fiber: 6g (24%), Iron: 4.13mg (22.95%), Vitamin E: 3.4mg (22.67%), Copper: 0.43mg (21.59%), Vitamin B2: 0.34mg (19.79%), Vitamin B5: 1.92mg (19.18%), Vitamin K: 17.33µg (16.5%), Zinc: 1.63mg (10.86%), Calcium: 81.59mg (8.16%), Vitamin A: 135.25IU (2.7%)