



## Fish and Chips



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup beer cold
- ☐ 4 medium fish fillet well
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 teaspoon paprika
- ☐ 2 servings vegetable oil for frying
- ☐ 4 medium yukon gold potatoes

☐ 0.5 cup frangelico

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## Equipment

☐ bowl

☐ paper towels

☐ whisk

☐ pot

☐ tongs

## Directions

☐ Scrub the potatoes well, then cut into 1/4" thick batons. Dry thoroughly with paper towels and leave them sitting on paper towels to allow the surface of the potatoes to dry out for about 30 minutes. You can skip this step if you're pressed for time, but your potatoes won't turn out as crisp.

☐ Mix the flour, cornstarch, paprika, and onion powder in a medium bowl until well combined. Dust each fish fillet with the flour mixture on all sides.

☐ Add 1 1/2" of vegetable oil to a heavy bottomed pot and heat to 330 degrees F. Line a 2 wire racks with 2 layers of paper towels each. Fry the potatoes in batches until a light tan color and the edges are just starting to brown.

☐ Transfer the fried chips to one prepared rack to drain. When the potatoes are done frying, add the baking powder to the flour mixture and whisk together. Then add the cold beer to the flour mixture and lightly whisk together. It's okay if there are still a few lumps, just make sure you do not overmix the batter or it will end up heavy. Dip the fillets in the batter and fry them in batches. Flip the fillets over with tongs when you see the edges start to turn light brown.

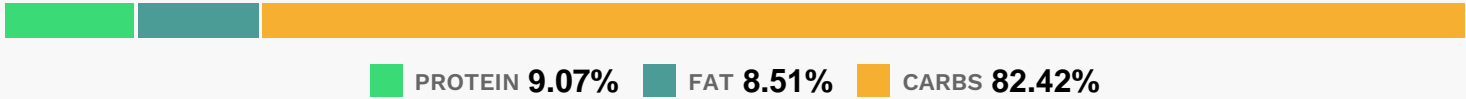
☐ Transfer to the second prepared rack as they finish frying. When the fish is done frying, increase the heat of the oil to 375 degrees F. Fry the chips a second time until they are golden brown and crisp.

☐ Drain on a rack and sprinkle with salt. Fry the fish a second time at the higher temperature until golden brown.

☐ Drain on a rack.

☐ Serve the fish and chips with lemon wedges or vinegar.

# Nutrition Facts



## Properties

Glycemic Index:115.63, Glycemic Load:44.46, Inflammation Score:-7, Nutrition Score:18.10217400867%

## Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 346.14kcal (17.31%), Fat: 3.18g (4.89%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 69.27g (23.09%), Net Carbohydrates: 61.59g (22.4%), Sugar: 2.69g (2.99%), Cholesterol: 1mg (0.33%), Sodium: 77.87mg (3.39%), Alcohol: 2.3g (100%), Alcohol %: 0.69% (100%), Protein: 7.62g (15.25%), Vitamin C: 67.04mg (81.26%), Vitamin B6: 1.04mg (52.03%), Potassium: 1461.87mg (41.77%), Fiber: 7.68g (30.71%), Manganese: 0.54mg (26.86%), Phosphorus: 219.04mg (21.9%), Magnesium: 83.38mg (20.85%), Vitamin B3: 3.99mg (19.95%), Copper: 0.38mg (18.95%), Vitamin B1: 0.28mg (18.52%), Iron: 2.83mg (15.73%), Folate: 58.7µg (14.68%), Vitamin K: 11.85µg (11.28%), Vitamin B5: 1.05mg (10.48%), Vitamin B2: 0.13mg (7.53%), Calcium: 74.43mg (7.44%), Zinc: 1.02mg (6.83%), Selenium: 2.49µg (3.55%), Vitamin A: 129.93IU (2.6%), Vitamin E: 0.34mg (2.3%)