



Fish Dog



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



1154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotle in adobo sauce minced
- ☐ 4 slices processed cheese food yellow cut in half
- ☐ 1 pound cod cut into 8 hot dog bun-length strips
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon honey
- ☐ 8 hot dog buns split (I like a potato bun)
- ☐ 0.8 cup ipa beer

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon paprika
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 tablespoons relish
- ☐ 0.5 onion diced red
- ☐ 4 servings salt
- ☐ 0.7 cup self-rising flour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil to 350 degrees F in a large 12- or 14-inch cast-iron skillet filled halfway up.
- ☐ Mix the flour, paprika and garlic salt in a bowl.
- ☐ Add the beer and whisk until the mixture reaches the consistency of a thin pancake batter. Rest the batter in the fridge for 15 minutes.
- ☐ Once rested, dunk the fish in the batter, let excess drip off and then gently slide the fish into the oil. Fry until just golden brown, about 3 minutes.
- ☐ Remove the fish to a wire rack set over a sheet tray and season with salt.
- ☐ Lay a piece of American cheese on each bun, set a piece fish on top, then dollop on an even layer of Chipotle Tartar Sauce and sprinkle with red onion.
- ☐ In a bowl, combine the mayonnaise, relish, honey, mustard, chipotle and a little hit of the adobo sauce. Season with salt and pepper, and then prepare to want to put this sauce on everything.

Nutrition Facts



 **PROTEIN 9.46%**  **FAT 47.29%**  **CARBS 43.25%**

Properties

Glycemic Index:116.69, Glycemic Load:71.27, Inflammation Score:-8, Nutrition Score:32.379999860473%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1153.8kcal (57.69%), Fat: 59.63g (91.73%), Saturated Fat: 12.56g (78.52%), Carbohydrates: 122.68g (40.89%), Net Carbohydrates: 117.63g (42.77%), Sugar: 17.64g (19.6%), Cholesterol: 44.52mg (14.84%), Sodium: 2560.54mg (111.33%), Alcohol: 1.73g (100%), Alcohol %: 0.57% (100%), Protein: 26.83g (53.66%), Selenium: 68.58µg (97.97%), Vitamin K: 102.07µg (97.21%), Vitamin B1: 1.12mg (74.56%), Manganese: 1.33mg (66.32%), Calcium: 521.02mg (52.1%), Folate: 203.58µg (50.89%), Vitamin B3: 8.86mg (44.29%), Iron: 7.61mg (42.3%), Vitamin B2: 0.69mg (40.42%), Phosphorus: 383.29mg (38.33%), Vitamin E: 3.22mg (21.45%), Fiber: 5.05g (20.2%), Magnesium: 64.03mg (16.01%), Zinc: 2.31mg (15.42%), Copper: 0.3mg (14.76%), Vitamin B12: 0.79µg (13.13%), Potassium: 355.35mg (10.15%), Vitamin A: 497.94IU (9.96%), Vitamin B6: 0.2mg (9.94%), Vitamin C: 3.69mg (4.47%), Vitamin B5: 0.33mg (3.27%), Vitamin D: 0.24µg (1.59%)