



Fort Worth Fish Tacos

READY IN



60 min.

SERVINGS



8

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 medium head cabbage shredded finely
- ☐ 8 servings cayenne pepper to taste
- ☐ 4 ounces cream cheese softened
- ☐ 1 cup beer dark
- ☐ 1 cup flour
- ☐ 8 8-inch flour tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 tablespoon juice of lime
- ☐ 2 small limes quartered
- ☐ 0.5 cup mayonnaise
- ☐ 3 cups vegetable oil; peanut oil preferred for frying
- ☐ 2 teaspoons pepper sauce hot
- ☐ 5.3 ounce greek yogurt plain
- ☐ 8 ounce salsa prepared
- ☐ 1 teaspoon salt
- ☐ 3 ounce fillets tilapia

Equipment

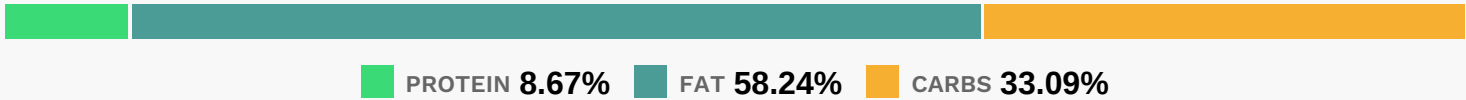
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ microwave
- ☐ kitchen towels
- ☐ measuring cup

Directions

- ☐ Place tilapia fillets on plate and sprinkle with salt and hot sauce; cover and refrigerate while making cilantro cream sauce.
- ☐ Combine cream cheese, 2 tablespoons cilantro, mayonnaise, and yogurt in a small bowl or large measuring cup; mix well. Stir lime juice into cream sauce. Cover and refrigerate.
- ☐ Whisk flour, salt, garlic powder, cayenne, and pepper in a bowl until thoroughly combined; whisk in beer to make a smooth batter.
- ☐ Heat oil in a large, deep frying pan to 375 degrees F (190 degrees C).
- ☐ Remove fish from refrigerator; dip in beer batter and fry fillets 3 at a time in the hot oil, turning when golden (approximately 2 minutes on each side, depending on the thickness).

- ☐
- Transfer to paper towels to drain; set fish on a covered plate to keep warm. Repeat with remaining fillets.
- ☐
- Wrap tortillas in a clean kitchen towel and heat in the microwave until warm, about 20 seconds. Assemble tacos by placing a fish fillet on a warm tortilla. Top with shredded cabbage, a dollop of cilantro cream sauce, a spoonful of salsa, and a sprinkle of chopped cilantro.
- ☐
- Serve each taco with a lime quarter for squeezing.

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:18.29, Inflammation Score:-8, Nutrition Score:18.052173863287%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 7.37mg, Hesperetin: 7.37mg, Hesperetin: 7.37mg, Hesperetin: 7.37mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 564.09kcal (28.2%), Fat: 36.5g (56.15%), Saturated Fat: 8.92g (55.76%), Carbohydrates: 46.66g (15.55%), Net Carbohydrates: 42.15g (15.33%), Sugar: 5.7g (6.33%), Cholesterol: 26.45mg (8.82%), Sodium: 1032.19mg (44.88%), Alcohol: 1.15g (100%), Alcohol %: 0.46% (100%), Protein: 12.23g (24.46%), Vitamin K: 53.25µg (50.71%), Selenium: 25.37µg (36.25%), Vitamin B1: 0.44mg (29.03%), Vitamin E: 4.22mg (28.14%), Folate: 101.69µg (25.42%), Manganese: 0.5mg (25.16%), Vitamin A: 1241.32IU (24.83%), Vitamin C: 18.78mg (22.76%), Vitamin B3: 4.4mg (22.01%), Vitamin B2: 0.37mg (21.64%), Phosphorus: 215.38mg (21.54%), Iron: 3.26mg (18.1%), Fiber: 4.51g (18.05%), Calcium: 143.97mg (14.4%), Vitamin B6: 0.24mg (11.98%), Potassium: 358.88mg (10.25%), Magnesium: 35.22mg (8.8%), Copper: 0.14mg (7.03%), Vitamin B12: 0.35µg (5.89%), Vitamin B5: 0.55mg (5.47%), Zinc: 0.8mg (5.36%), Vitamin D: 0.36µg (2.38%)