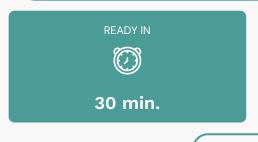


Fried-Fish Reuben Tacos







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

l cup baby arugula
1 tablespoon double-acting baking powder
1.8 cups seltzer water
0.8 cup cornstarch
1 large dill pickles coarsely chopped (large)
6 ounce sushi-grade yellowtail flounder
1 cup flour all-purpose
4 8-inch flour tortilla ()

3 ounces jarlsberg cheese shredded

	2 tablespoons catsup
	0.5 cup mayonnaise
	30 servings salt
	0.8 cup sauerkraut drained
	30 servings vegetable oil for frying
Equipment	
	bowl
	baking sheet
	sauce pan
	oven
	whisk
	deep fryer
Directions	
	In a large bowl, whisk together the flour, cornstarch, baking powder and a pinch of salt. With a fork, blend in the club soda until incorporated; it's OK if the batter is lumpy.
	Let rest at room temperature for 10 minutes.
	Preheat the oven to 35
	In a small bowl, combine the mayonnaise, pickle and ketchup and season with salt. In a deep fryer or a very large saucepan, heat 11/2 inches of vegetable oil to 37
	Pat the flounder dry and season lightly with salt. Dip 2 of the fillets in the batter and let any excess drip off. Fry the fish, turning once, until golden brown and crisp, about 2 1/2 minutes.
	Drain the fish on a rack set over a baking sheet and repeat with the remaining fish fillets and batter.
	Warm the tortillas in the oven for about 40 seconds, until hot and pliable.
	Spread the Russian dressing on the tortillas. Top with the sauerkraut, fried flounder, Jarlsberg cheese and microgreens. Fold the tortilla over the fillings and serve right away.

Nutrition Facts

Properties

Glycemic Index:10.5, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:2.9300000227016%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 115kcal (5.75%), Fat: 7.13g (10.97%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 9.59g (3.49%), Sugar: 0.63g (0.7%), Cholesterol: 6.14mg (2.05%), Sodium: 405.11mg (17.61%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.53g (5.05%), Vitamin K: 13.72µg (13.06%), Selenium: 4.64µg (6.63%), Calcium: 61.37mg (6.14%), Vitamin B1: 0.07mg (4.79%), Phosphorus: 44.8mg (4.48%), Folate: 16.44µg (4.11%), Manganese: 0.08mg (3.8%), Iron: 0.6mg (3.31%), Vitamin B3: 0.63mg (3.16%), Vitamin B2: 0.05mg (2.78%), Vitamin E: 0.42mg (2.78%), Fiber: 0.54g (2.17%), Magnesium: 5.04mg (1.26%), Copper: 0.02mg (1.17%), Vitamin B12: 0.07µg (1.14%), Potassium: 39.61mg (1.13%), Vitamin D: 0.17µg (1.11%), Vitamin A: 54.37lU (1.09%)