



## Fried-Fish Reuben Tacos

READY IN



30 min.

SERVINGS



30

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 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 1 1/2 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



 PROTEIN 8.8%  FAT 55.89%  CARBS 35.31%

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 Kaempferol: 0.23mg, 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: 0g (100%), Alcohol %: 0% (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: 54.37IU (1.09%)