



Fried Fish Sandwiches

 Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups beer cold
- ☐ 1 large eggs lightly beaten
- ☐ 2.3 cups flour all-purpose
- ☐ 2 pounds pacific halibut filets
- ☐ 4 leaf lettuce leaves green
- ☐ 1 teaspoon pepper divided freshly ground
- ☐ 1.5 teaspoons salt divided

- ☐ 2 teaspoons greek seasoning divided
- ☐ 4 sesame seed hamburger buns
- ☐ 4 servings tartar sauce
- ☐ 4 slices tomatoes
- ☐ 4 servings vegetable oil
- ☐ 0.3 cup cornmeal yellow

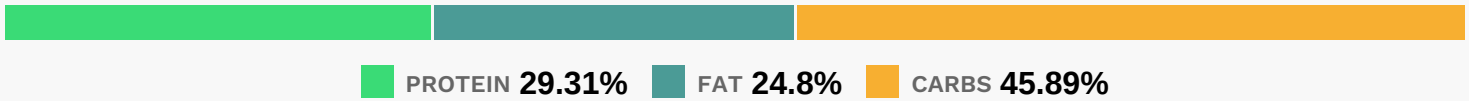
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cut fish into 3-inch strips.
- ☐ Sprinkle evenly with 1 tsp. Greek seasoning, 1 tsp. salt, and 1/2 tsp. pepper.
- ☐ Combine flour, cornmeal, baking powder, remaining 1 tsp. Greek seasoning, 1/2 tsp. salt, and 1/2 tsp. pepper; stir well.
- ☐ Add 2 cups cold beer and egg, stirring until thoroughly blended and smooth.
- ☐ Pour oil to a depth of 2 to 3 inches into a Dutch oven; heat to 37
- ☐ Dip fish strips into batter, coating both sides well; shake off excess. Fry fish, in batches, 2 minutes on each side or until golden (do not crowd pan).
- ☐ Drain on paper towels.
- ☐ Spread top half of each bun evenly with tartar sauce.
- ☐ Place 1 lettuce leaf and 1 tomato slice on bottom half of each bun; top each with 2 fried fish strips and top halves of buns.

Nutrition Facts



Properties

Glycemic Index:115.75, Glycemic Load:58.17, Inflammation Score:-8, Nutrition Score:40.651304099871%

Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 822.72kcal (41.14%), Fat: 21.43g (32.97%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 89.24g (29.75%), Net Carbohydrates: 84.44g (30.71%), Sugar: 3.67g (4.07%), Cholesterol: 157.7mg (52.57%), Sodium: 1480.22mg (64.36%), Alcohol: 4.6g (100%), Alcohol %: 1.16% (100%), Protein: 57g (114%), Selenium: 144.11µg (205.88%), Vitamin B3: 21.68mg (108.42%), Phosphorus: 766.69mg (76.67%), Vitamin B6: 1.46mg (73.2%), Vitamin D: 10.91µg (72.73%), Vitamin B1: 0.94mg (62.86%), Folate: 218.68µg (54.67%), Manganese: 1.01mg (50.5%), Vitamin B12: 2.71µg (45.25%), Vitamin K: 46.04µg (43.85%), Vitamin B2: 0.65mg (38.39%), Iron: 6.82mg (37.9%), Potassium: 1238.02mg (35.37%), Magnesium: 104.99mg (26.25%), Calcium: 260.29mg (26.03%), Vitamin E: 3.33mg (22.22%), Fiber: 4.81g (19.22%), Zinc: 2.18mg (14.53%), Vitamin B5: 1.42mg (14.18%), Copper: 0.26mg (13.15%), Vitamin A: 348.56IU (6.97%), Vitamin C: 0.86mg (1.04%)