



Fried Fish Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound cod fillet cut into 3- by 1-inch strips
- ☐ 12 corn tortillas
- ☐ 1 cup beer dark (not)
- ☐ 1 cup flour all-purpose
- ☐ 1 slices salsa shredded sour green red sliced chopped
- ☐ 2 teaspoons salt
- ☐ 1 quart vegetable oil

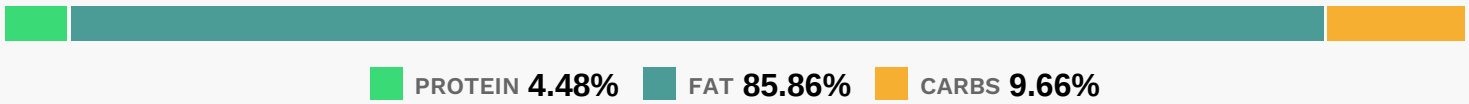
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F.
- ☐ Heat 1 inch oil in a 10-inch heavy pot (2 to 3 inches deep) over moderate heat until a deep-fat thermometer registers 360°F.
- ☐ Meanwhile, separate tortillas and make 2 stacks of 6 to
- ☐ Wrap each stack in foil and heat in oven 12 to 15 minutes.
- ☐ While tortillas warm, stir together flour and salt in a large bowl, then stir in beer (batter will be thick). Gently stir fish into batter to coat. Lift each piece of fish out of batter, wiping any excess off on side of bowl, and fry fish in batches, turning once or twice, until golden, 4 to 5 minutes.
- ☐ Drain on paper towels.
- ☐ Increase oil temperature to 375°F and refry fish in batches, turning once or twice, until golden brown and crisp, about 1 minute.
- ☐ Drain on paper towels.
- ☐ Assemble tacos with warm tortillas, fish, and accompaniments.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:22.12, Inflammation Score:-6, Nutrition Score:20.249999847101%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 1662.44kcal (83.12%), Fat: 159.92g (246.03%), Saturated Fat: 24.42g (152.64%), Carbohydrates: 40.5g (13.5%), Net Carbohydrates: 36.66g (13.33%), Sugar: 0.52g (0.58%), Cholesterol: 32.51mg (10.84%), Sodium: 842.47mg (36.63%), Alcohol: 1.53g (100%), Alcohol %: 0.56% (100%), Protein: 18.76g (37.53%), Vitamin K: 290.2µg (276.38%), Vitamin E: 13.55mg (90.31%), Selenium: 35.5µg (50.71%), Phosphorus: 344.81mg (34.48%), Vitamin B3: 3.77mg (18.87%), Vitamin B1: 0.27mg (18.13%), Magnesium: 68.62mg (17.15%), Manganese: 0.33mg (16.41%), Vitamin B6: 0.33mg (16.33%), Fiber: 3.84g (15.37%), Potassium: 442.44mg (12.64%), Folate: 48.38µg (12.1%), Vitamin B12: 0.7µg (11.6%), Vitamin B2: 0.2mg (11.51%), Iron: 1.94mg (10.78%), Zinc: 1.17mg (7.82%), Copper: 0.13mg (6.7%), Calcium: 59.44mg (5.94%), Vitamin D: 0.68µg (4.54%), Vitamin B5: 0.28mg (2.8%)