



La Fondita Fish Tacos

 Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



1576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 servings cabbage shredded
- ☐ 2.5 tablespoons chipotle chili purée
- ☐ 1.5 pounds codfish cut into serving pieces
- ☐ 8 ounces beer dark (recommended: Modelo Negra)
- ☐ 2 teaspoons mustard dry (recommended: Colmans)
- ☐ 3 eggs well beaten
- ☐ 1.5 cups flour all-purpose for dredging
- ☐ 1.5 tablespoons cilantro leaves fresh chopped

- ☐ 1 pinch kosher salt
- ☐ 3 servings kosher salt
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1.5 cups mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon chili powder red
- ☐ 1 teaspoon sugar
- ☐ 3 servings vegetable oil for frying
- ☐ 8 corn tortillas white

Equipment

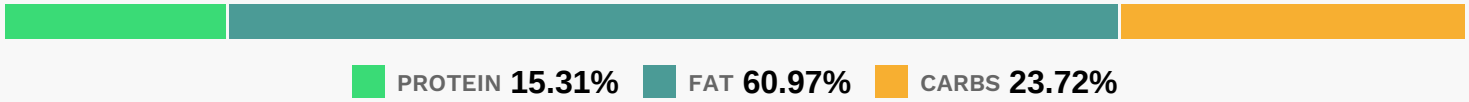
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the eggs, beer, mustard, chili powder, 1 tablespoon salt and sugar in a medium bowl and mix until smooth.
- ☐ Add the flour and continue mixing until it is a little thinner than pancake batter.
- ☐ In a deep-fryer or heavy-bottomed pot, heat enough vegetable oil to come halfway up the sides of the pot, to 375 degrees F. Dredge the fish pieces in flour and then into the batter and fry until golden brown.
- ☐ Remove from the oil to a paper towel lined plate and sprinkle with salt.
- ☐ Heat the olive oil in a large saute pan and warm the tortillas.
- ☐ Spread each tortilla with a tablespoon of Chipotle Mayonnaise and arrange a piece of fried fish on top.
- ☐ Add some shredded cabbage to each tortilla and serve.

- ☐
- A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.
- ☐
- Mix the mayonnaise, lime juice, cilantro and chipotle chili puree together in a medium bowl, add the salt and mix again. Cover and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:120.7, Glycemic Load:51.27, Inflammation Score:-9, Nutrition Score:43.995216867198%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 1575.97kcal (78.8%), Fat: 105.15g (161.76%), Saturated Fat: 17.02g (106.38%), Carbohydrates: 92.04g (30.68%), Net Carbohydrates: 81.87g (29.77%), Sugar: 6.38g (7.09%), Cholesterol: 308.24mg (102.75%), Sodium: 1195.41mg (51.97%), Alcohol: 2.95g (100%), Alcohol %: 0.53% (100%), Protein: 59.41g (118.81%), Vitamin K: 250.63µg (238.7%), Selenium: 120.57µg (172.24%), Phosphorus: 905.21mg (90.52%), Vitamin E: 8.6mg (57.35%), Vitamin B1: 0.82mg (54.86%), Vitamin B3: 10.38mg (51.89%), Vitamin B6: 1mg (50.23%), Folate: 198.41µg (49.6%), Vitamin B2: 0.8mg (47.1%), Manganese: 0.91mg (45.26%), Vitamin B12: 2.61µg (43.42%), Magnesium: 165.14mg (41.29%), Potassium: 1426.85mg (40.77%), Fiber: 10.16g (40.66%), Iron: 6.91mg (38.39%), Vitamin C: 30.31mg (36.73%), Vitamin A: 1280.05IU (25.6%), Zinc: 3.44mg (22.93%), Vitamin D: 3.15µg (20.97%), Copper: 0.37mg (18.42%), Calcium: 180.21mg (18.02%), Vitamin B5: 1.79mg (17.88%)