



## My Drunken Fish Fillet

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 fillet fish fillet
- 1 dash fish fillet
- 1 dash pepper white
- 2 teaspoons rice wine
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- 0.8 cup beer
- 2 egg yolk white separated

- 0.5 cup flour
- 0.5 teaspoon salt
- 2 servings cooking oil for frying

## Equipment

- bowl

## Directions

- Combine beer, egg yolk, flour and 1/2 tsp salt.
- Beat well until it becomes thick.
- Set aside in the fridge for one hour.
- Sprinkle some salt and pepper over the fish. Pat them and make sure they are well coated with salt and pepper. Splash the rice wine and marinate the fish fillet for 15 to 20 minutes.
- Next, before cooking, whip the egg white until it becomes soft and foamy.
- Fold the egg white into the batter.
- Mix carefully.
- Now you have the most precious drunken batter, dip the fish or put the fillet fish straight into the bowl of batter and start frying 3 pcs at a time.
- For the dip.. I just prepared some Yamasa soy sauce with Wasabi from tube and lemon juice.

## Nutrition Facts



**PROTEIN 14.51%** **FAT 32.93%** **CARBS 52.56%**

## Properties

Glycemic Index:57.75, Glycemic Load:18.52, Inflammation Score:-5, Nutrition Score:9.0691304347826%

## Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Taste

Sweetness: 10.56%, Saltiness: 12.15%, Sourness: 17.35%, Bitterness: 100%, Savoriness: 7.54%, Fattiness: 25.06%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 262.34kcal (13.12%), Fat: 8g (12.3%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 27.75g (10.09%), Sugar: 0.19g (0.21%), Cholesterol: 197.65mg (65.88%), Sodium: 597.88mg (25.99%), Alcohol: 5.87g (32.59%), Protein: 7.93g (15.86%), Selenium: 24.15µg (34.5%), Folate: 90.39µg (22.6%), Vitamin B1: 0.28mg (18.95%), Vitamin B2: 0.28mg (16.25%), Phosphorus: 129.17mg (12.92%), Vitamin B3: 2.56mg (12.79%), Manganese: 0.26mg (12.78%), Iron: 2.09mg (11.59%), Vitamin B12: 0.47µg (7.86%), Vitamin D: 1.17µg (7.82%), Vitamin B5: 0.74mg (7.43%), Vitamin E: 1mg (6.66%), Vitamin B6: 0.13mg (6.42%), Vitamin A: 259.56IU (5.19%), Zinc: 0.67mg (4.49%), Magnesium: 16.2mg (4.05%), Fiber: 0.97g (3.9%), Copper: 0.07mg (3.73%), Calcium: 34.53mg (3.45%), Potassium: 100.82mg (2.88%), Vitamin K: 2.31µg (2.2%)