



## Salmon Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 cup beer
- ☐ 6 servings chipotle mayonnaise
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 8 flour tortillas
- ☐ 4 oz cabbage shredded green finely
- ☐ 6 servings lime wedges

- ☐ 6 servings salt
- ☐ 6 servings tomatillo salsa
- ☐ 6 servings vegetable oil for frying
- ☐ 1.5 pounds boned wild (see notes)

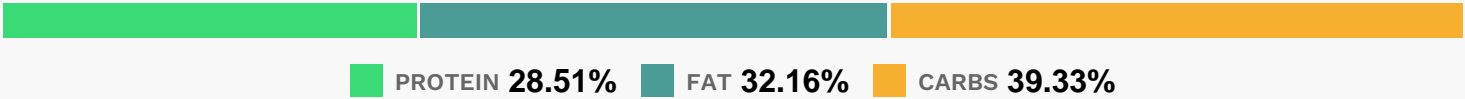
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ spatula

## Directions

- ☐ Rinse salmon and pat dry; cut the fillet crosswise into 1/2-inch-wide strips (cut any longer than 6 in. in half). In a bowl, whisk flour, beer, egg, and mustard until well blended.
- ☐ Pour 1/2 inch oil into a 10- to 12-inch frying pan over high heat. When surface is rippling, one at a time, dip salmon strips in beer batter, turn to coat all sides (or spoon batter over fish), and lay slightly apart in a single layer in hot oil. Cook, turning pieces once with a wide spatula, until batter is golden brown on all sides and salmon is just opaque but still moist-looking in center of thickest part (cut to test), about 3 minutes total. As cooked, transfer to a paper towel-lined 12- by 17-inch baking pan and keep warm in a 200 oven. As there's room in frying pan, coat and cook remaining salmon strips.
- ☐ Add to fish in baking pan and sprinkle all with salt. Discard remaining batter and the oil in pan; wipe pan clean with paper towels.
- ☐ Set frying pan over medium-high heat. One at a time, lay tortillas in pan and heat, turning once, just until warm, about 30 seconds total for each tortilla. As heated, transfer to a platter or plates and fill each with an eighth of the salmon and 1/4 cup shredded cabbage.
- ☐ Add chipotle mayonnaise and tomatillo salsa as desired.
- ☐ Serve with lime wedges to squeeze over tacos and remaining mayonnaise and salsa to add to taste.

# Nutrition Facts



## Properties

Glycemic Index:42.92, Glycemic Load:18.48, Inflammation Score:-6, Nutrition Score:25.886956458506%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 433.49kcal (21.67%), Fat: 14.83g (22.81%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 37.94g (13.8%), Sugar: 4.64g (5.16%), Cholesterol: 93.37mg (31.12%), Sodium: 813.38mg (35.36%), Alcohol: 1.15g (100%), Alcohol %: 0.52% (100%), Protein: 29.57g (59.14%), Selenium: 61.02µg (87.17%), Vitamin B12: 3.69µg (61.44%), Vitamin B3: 12.13mg (60.64%), Vitamin B6: 1.01mg (50.68%), Vitamin B1: 0.64mg (42.83%), Vitamin B2: 0.7mg (41.26%), Phosphorus: 360.12mg (36.01%), Folate: 118.14µg (29.54%), Vitamin B5: 2.23mg (22.33%), Vitamin K: 22.52µg (21.45%), Potassium: 749.31mg (21.41%), Manganese: 0.4mg (20.19%), Iron: 3.61mg (20.08%), Copper: 0.37mg (18.44%), Magnesium: 52.57mg (13.14%), Fiber: 2.86g (11.42%), Vitamin C: 8.43mg (10.22%), Calcium: 90.56mg (9.06%), Zinc: 1.25mg (8.3%), Vitamin A: 311.16IU (6.22%), Vitamin E: 0.37mg (2.46%), Vitamin D: 0.17µg (1.11%)