



Soft Fish Tacos

READY IN



45 min.

SERVINGS



6

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup flour
- ☐ 0.3 cup crema mexicana
- ☐ 1 cup beer dark room temperature
- ☐ 0.5 teaspoon pepper
- ☐ 3.3 pounds pacific halibut filets cut into 5x3/4-inch strips
- ☐ 0.3 cup catsup
- ☐ 1 lime halved
- ☐ 6 servings lime wedges
- ☐ 0.3 cup mayonnaise

- ☐ 6 servings hot sauce hot
- ☐ 1.5 cups cabbage shredded red
- ☐ 1 teaspoon sea salt fine
- ☐ 2 large tomatoes chopped
- ☐ 6 servings vegetable oil for deep-frying
- ☐ 12 corn tortillas white

Equipment

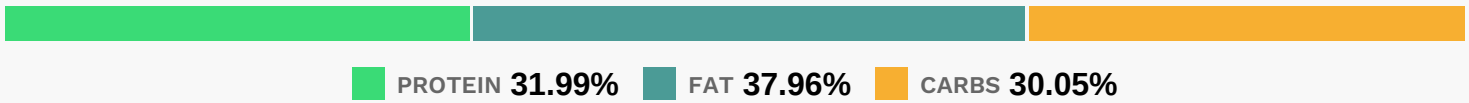
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Mix all ingredients in bowl; season with salt and pepper.
- ☐ Whisk flour, salt, and pepper in bowl; pour in beer, whisking until batter is smooth.
- ☐ Let stand 15 minutes.
- ☐ Sprinkle fish with salt and pepper. Squeeze some lime juice over each strip.
- ☐ Let stand 15 minutes.
- ☐ Mix fish into batter.
- ☐ Preheat oven to 200°F.
- ☐ Heat skillet over medium heat. Stack 2 tortillas.
- ☐ Sprinkle top with water.
- ☐ Place in skillet, wet side down.
- ☐ Heat 1 minute.
- ☐ Sprinkle top with water. Turn stack over; heat 1 minute.

- ☐ Transfer stack to large sheet of heavy-duty foil. Repeat. Enclose tortillas in foil.
- ☐ Place in oven.
- ☐ Pour oil into medium skillet to reach depth of 1 inch. Attach deep-fry thermometer; heat oil to 350°F. Slide 4 fish strips into oil. Fry until golden, about 4 minutes.
- ☐ Transfer fish to paper-towel-lined baking sheet; place in oven. Repeat.
- ☐ Fill each warm tortilla with 2 fish strips. Top with sauce, cabbage, tomato, squeeze of lime, and dash of hot pepper sauce.
- ☐ *Cultured Mexican cream with a slightly nutty flavor and consistency of thin sour cream.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:23.47, Inflammation Score:-9, Nutrition Score:36.674348001895%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 5.23mg, Hesperetin: 5.23mg, Hesperetin: 5.23mg, Hesperetin: 5.23mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 666.42kcal (33.32%), Fat: 27.67g (42.57%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 43.83g (15.94%), Sugar: 5.66g (6.29%), Cholesterol: 129.52mg (43.17%), Sodium: 782.58mg (34.03%), Alcohol: 1.53g (100%), Alcohol %: 0.39% (100%), Protein: 52.45g (104.91%), Selenium: 122.98µg (175.69%), Vitamin B3: 18.83mg (94.15%), Vitamin B6: 1.61mg (80.25%), Phosphorus: 799.39mg (79.94%), Vitamin D: 11.57µg (77.11%), Vitamin K: 54.96µg (52.34%), Vitamin B12: 2.72µg (45.36%), Potassium: 1441.07mg (41.17%), Vitamin C: 25.02mg (30.33%), Magnesium: 113.55mg (28.39%), Vitamin B1: 0.38mg (25.32%), Manganese: 0.5mg (24.94%), Vitamin E: 3.63mg (24.23%), Folate: 88.05µg (22.01%), Fiber: 5.45g (21.79%), Vitamin A: 1028.09IU (20.56%), Vitamin B2: 0.27mg (15.78%), Iron: 2.5mg (13.89%), Zinc: 1.91mg (12.77%), Copper: 0.23mg (11.44%), Vitamin B5: 1.14mg (11.43%), Calcium: 103.08mg (10.31%)