



Southwestern Beer-Batter Fish with Green Chile Tartar Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup salad dressing
- ☐ 4 oz chilis green drained chopped canned
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 teaspoon onion finely chopped
- ☐ 1 serving vegetable oil
- ☐ 1 lb tilapia cut into 4 serving pieces
- ☐ 1.5 teaspoons chili powder

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup beer
- ☐ 1 eggs
- ☐ 1 small optional: lemon cut into quarters
- ☐ 1.3 cups frangelico

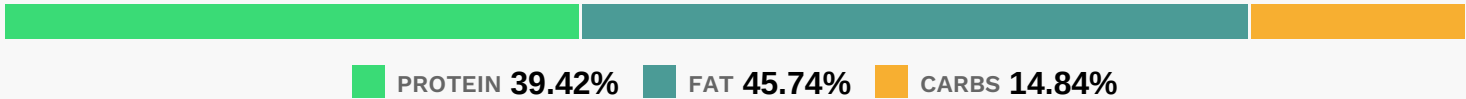
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ deep fryer

Directions

- ☐ In small bowl, mix sauce ingredients. Refrigerate until serving.
- ☐ In 10-inch skillet or deep fryer, heat oil (1 1/2 inches) to 350°F. In shallow dish, place 1/4 cup of the Bisquick mix. Lightly coat fish with Bisquick mix.
- ☐ In medium bowl, beat remaining 1 cup Bisquick mix, the chili powder, salt, beer and egg with wire whisk until smooth. Dip fish into batter, letting excess drip into dish.
- ☐ Fry fish in oil 1 1/2 to 2 minutes on each side or until golden brown; drain on paper towels.
- ☐ Serve with sauce and lemon quarters.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:15.690000077953%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg,

Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 261.18kcal (13.06%), Fat: 12.94g (19.9%), Saturated Fat: 2.45g (15.28%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.94g (2.89%), Sugar: 3.96g (4.4%), Cholesterol: 97.62mg (32.54%), Sodium: 784.17mg (34.09%), Alcohol: 1.73g (100%), Alcohol %: 0.84% (100%), Protein: 25.09g (50.18%), Selenium: 51.98µg (74.26%), Vitamin B12: 1.9µg (31.64%), Vitamin C: 24.23mg (29.37%), Vitamin B3: 4.99mg (24.96%), Vitamin D: 3.74µg (24.9%), Vitamin K: 26.12µg (24.88%), Phosphorus: 235.02mg (23.5%), Vitamin B6: 0.31mg (15.68%), Potassium: 479.25mg (13.69%), Folate: 53.7µg (13.43%), Vitamin E: 1.83mg (12.17%), Magnesium: 40.56mg (10.14%), Vitamin B2: 0.15mg (9.05%), Iron: 1.59mg (8.83%), Vitamin B5: 0.82mg (8.22%), Vitamin A: 338.23IU (6.76%), Fiber: 1.51g (6.04%), Copper: 0.12mg (5.94%), Vitamin B1: 0.07mg (4.98%), Calcium: 43.15mg (4.32%), Zinc: 0.62mg (4.11%), Manganese: 0.08mg (4%)