

health-score52%

HEALTH SCORE

Tea Infused Fish and Chips

 Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

5995 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 bottle brown beer cold
- ☐ 1 gallon cooking oil
- ☐ 1.5 pounds firm-fleshed whitefish cut into 4-ounce pieces scrod, pollock, cod
- ☐ 3 cups flour all-purpose plus more for dredging fish
- ☐ 0.1 cup tea mix green instant
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt

- ☐ 3 tablespoon malt vinegar
- ☐ 6 large potatoes peeled
- ☐ 6 servings tartar sauce for serving

Equipment

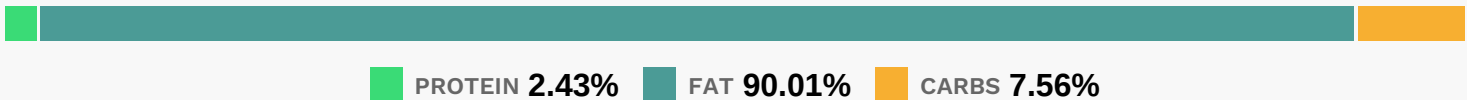
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ chefs knife

Directions

- ☐ Heat oven to 200 degrees F.
- ☐ Heat the oil in a 5-quart Dutch oven, over high heat, until it reaches 320 degrees F on a deep-fry thermometer.
- ☐ Using a slicer with a wide blade or a chef's knife, slice the potatoes into chips.
- ☐ Place in a large bowl with cold water.
- ☐ In a large bowl, whisk together the flour, baking powder, salt, and green tea mix. Sift all the ingredients together to aerate the flour.
- ☐ Whisk in the beer until the batter is completely smooth and free of any lumps. Refrigerate for 15 minutes. Note: The batter can be made up to 1 hour ahead of time.
- ☐ Drain potatoes thoroughly, removing any excess water and pat dry with paper towels. When oil reaches 320 degrees, submerge the potatoes, in batches, into the oil. Fry for 2 to 3 minutes until they are pale and floppy.
- ☐ Remove from oil, drain, and cool to room temperature.
- ☐ Increase the temperature of the oil to 375 degrees F.
- ☐ Add the cooked fries and fry until crisp and golden brown, about 2 to 3 minutes.

- ☐
- Remove and drain on roasting rack. Season with kosher salt while hot and hold in the oven. Allow oil to return to 350 degrees F.
- ☐
- Lightly dredge fish in flour. Working in small batches, dip the fish into batter and immerse into hot oil. When the batter is set, turn the pieces of fish over and cook until golden brown, about 2 minutes.
- ☐
- Drain the fish on the roasting rack.
- ☐
- Serve with malt vinegar and tartar sauce.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:83.02, Inflammation Score:-9, Nutrition Score:45.973043221494%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg, Epicatechin 3-gallate: 0.29mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg Thearubigins: 4mg, Thearubigins: 4mg, Thearubigins: 4mg, Thearubigins: 4mg Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 5994.77kcal (299.74%), Fat: 607.71g (934.93%), Saturated Fat: 45.39g (283.71%), Carbohydrates: 114.87g (38.29%), Net Carbohydrates: 105.06g (38.2%), Sugar: 3.09g (3.44%), Cholesterol: 56.77mg (18.92%), Sodium: 884.97mg (38.48%), Alcohol: 2.21g (100%), Alcohol %: 0.23% (100%), Protein: 36.95g (73.9%), Vitamin E: 106.36mg (709.08%), Vitamin K: 440.42µg (419.45%), Selenium: 70.09µg (100.13%), Vitamin C: 72.72mg (88.14%), Vitamin B6: 1.33mg (66.31%), Vitamin B3: 12.3mg (61.48%), Potassium: 1981.31mg (56.61%), Vitamin B1: 0.84mg (55.69%), Manganese: 1.06mg (52.76%), Phosphorus: 522.9mg (52.29%), Folate: 204.33µg (51.08%), Fiber: 9.81g (39.26%), Iron: 6.66mg (36.98%), Magnesium: 133.48mg (33.37%), Vitamin B2: 0.51mg (30.2%), Vitamin B12: 1.8µg (30.05%), Copper: 0.58mg (28.91%), Vitamin D: 3.52µg (23.44%), Vitamin B5: 1.94mg (19.43%), Calcium: 185.88mg (18.59%), Zinc: 1.89mg (12.61%)