



Tilapia Fish and Chips

READY IN



45 min.

SERVINGS



4

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup buttermilk
- 4 servings canola oil for frying
- 0.3 teaspoon cayenne pepper
- 0.8 cup club soda
- 2 cups flour all-purpose for dredging
- 2 tablespoons malt vinegar
- 3 tablespoons olive oil
- 1 teaspoon paprika

- 4 russet potatoes washed
- 4 servings salt and pepper black freshly ground
- 4 servings tartar sauce for serving
- 4 fillet tilapia cut in half lengthwise

Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk
- pot

Directions

- Watch how to make this recipe.
- Preheat oven to 450 degrees F.
- Slice the potatoes into 1/2-inch thick wedges.
- Place in large bowl with olive oil, vinegar salt, pepper, and cayenne pepper. Toss to coat.
- Transfer to a baking sheet and bake for 30 minutes until potatoes are crisp and tender on the inside.
- In a large pot or fryer heat canola oil to 350 degrees F.
- In a large bowl combine baking powder, cayenne, paprika, and 2 cups flour. Season with salt and pepper.
- Whisk in buttermilk and club soda. Dredge the tilapia in the remaining 1/2 cup flour then dip into batter. Carefully drop into the hot oil. Fry in batches for 5 minutes until golden brown and remove to a plate lined with paper towels.
- Serve with fries and a side of tartar sauce.

Nutrition Facts



■ PROTEIN 26.27% ■ FAT 23.3% ■ CARBS 50.43%

Properties

Glycemic Index:102.94, Glycemic Load:65.78, Inflammation Score:-8, Nutrition Score:34.061739092288%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 701.81kcal (35.09%), Fat: 18.22g (28.03%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 88.74g (29.58%), Net Carbohydrates: 84.04g (30.56%), Sugar: 3.06g (3.4%), Cholesterol: 88.37mg (29.46%), Sodium: 360.55mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.22g (92.44%), Selenium: 94.31µg (134.73%), Vitamin B3: 12.62mg (63.1%), Phosphorus: 545.55mg (54.56%), Vitamin B6: 1.06mg (53.15%), Vitamin B1: 0.75mg (50.09%), Vitamin B12: 2.82µg (47.07%), Folate: 186.94µg (46.73%), Potassium: 1526.46mg (43.61%), Manganese: 0.85mg (42.7%), Vitamin D: 5.66µg (37.73%), Iron: 6.11mg (33.92%), Vitamin B2: 0.55mg (32.09%), Magnesium: 114.01mg (28.5%), Copper: 0.45mg (22.67%), Calcium: 210.92mg (21.09%), Vitamin E: 2.96mg (19.75%), Fiber: 4.7g (18.8%), Vitamin B5: 1.87mg (18.71%), Vitamin K: 15.98µg (15.22%), Vitamin C: 12.26mg (14.87%), Zinc: 1.8mg (12.02%), Vitamin A: 352.11IU (7.04%)