



## Wonderful Fried Fish Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 cups cabbage shredded
- 1.5 pounds filets cubed
- 20 6-inch corn tortillas ()
- 1 cup beer dark
- 1 cup flour all-purpose
- 1 lime cut into wedges
- 1 cup mayonnaise
- 0.3 cup salsa

- 0.5 teaspoon salt
- 1 quart vegetable oil for frying

## Equipment

- bowl
- paper towels
- sauce pan
- whisk
- slotted spoon

## Directions

- In a shallow bowl, whisk together beer, flour, and salt.
- Rinse fish, and pat dry.
- Cut into 10 equal pieces.
- In a large saucepan, heat 1 inch oil to 360 degrees F (168 degrees C). Using a fork, coat fish pieces in batter. Slide coated fish into hot oil in batches; adjust heat to maintain oil temperature. Fry until golden, about 2 minutes. Lift out with a slotted spoon, and drain briefly on paper towels; keep warm. Repeat to fry remaining fish.
- Stack 2 tortillas.
- Place a piece of fish and 1/2 cup cabbage in the center of the tortillas.
- Garnish with mayonnaise, lime wedges and salsa

## Nutrition Facts



## Properties

Glycemic Index:29.2, Glycemic Load:18.03, Inflammation Score:-6, Nutrition Score:17.455652226572%

## Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg

Hesperetin: 2.88mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 557.08kcal (27.85%), Fat: 37.8g (58.16%), Saturated Fat: 5.87g (36.66%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 32.07g (11.66%), Sugar: 2.1g (2.33%), Cholesterol: 38.66mg (12.89%), Sodium: 368.92mg (16.04%), Alcohol: 0.92g (100%), Alcohol %: 0.36% (100%), Protein: 17.29g (34.57%), Vitamin K: 98.34µg (93.65%), Selenium: 30.78µg (43.97%), Phosphorus: 335.29mg (33.53%), Vitamin E: 3.02mg (20.12%), Fiber: 4.79g (19.17%), Vitamin C: 15.56mg (18.86%), Vitamin B6: 0.36mg (17.82%), Magnesium: 69.18mg (17.3%), Manganese: 0.33mg (16.63%), Vitamin B3: 3.21mg (16.05%), Vitamin B1: 0.23mg (15.18%), Potassium: 485.08mg (13.86%), Folate: 48.62µg (12.15%), Vitamin B12: 0.65µg (10.85%), Vitamin B2: 0.17mg (9.84%), Iron: 1.77mg (9.81%), Zinc: 1.19mg (7.96%), Calcium: 75.72mg (7.57%), Copper: 0.14mg (6.89%), Vitamin D: 0.66µg (4.38%), Vitamin B5: 0.37mg (3.66%), Vitamin A: 111.67IU (2.23%)