

Basic Beer Battered Cod for Fish and Chips

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-battered-cod-recipe>

Ingredients:

- 2 pounds cod cut into strips
- 1 cup flour
- 1 cup beer lager preferably
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon Old Bay Seasoning
- 1/2 teaspoon black pepper
- vegetable oil for frying

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 100 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 44 grams
7. Sodium: 720 milligrams

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