



Alaskan King Crab Tempura

 Dairy Free

READY IN



70 min.

SERVINGS



24

CALORIES



425 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups apple cider vinegar
- 4.5 teaspoons double-acting baking powder
- 1 tablespoon peppercorns whole black
- 1 liter canola oil for deep-frying as needed (approximately,)
- 1 chile pepper seeds removed and minced (use gloves when handling)
- 1 tablespoon coriander whole
- 0.8 cup cornstarch
- 12 king crab legs

- 3 chiles dried
- 1.5 cups flour all-purpose
- 1 tablespoon ginger root fresh minced peeled (from a 1 1/2-inch piece)
- 0.3 cup honey
- 0.3 cup soya sauce low-sodium
- 1 tablespoon mustard seed
- 1.5 cups orange juice fresh
- 1 tablespoon rice vinegar
- 1 tablespoon salt
- 24 servings salt and pepper black freshly ground
- 12 ounces seltzer cold
- 0.3 cup teriyaki sauce
- 1 tablespoon tomato paste

Equipment

- bowl
- sauce pan
- whisk
- pot
- deep fryer

Directions

- Fill a pot (which will be large enough to submerge all the crab legs) with water, bring to a boil, and add vinegar, coriander, mustard seed, chiles, peppercorns and salt. Cook the crab legs until they turn bright pinkish orange, about 15 to 20 minutes.
- Remove and let cool until easy to handle.
- While the crab is cooling, make the sauce.
- Combine orange juice, soy sauce, teriyaki sauce, rice vinegar, tomato paste, chile, and ginger root in a small saucepan over medium heat and let reduce by half.

- Remove from heat and whisk in honey.
- Break crab meat from the shell.
- To make tempura, mix flour, cornstarch, and baking powder in a bowl. Dredge the crab pieces in this dry mix, shaking any excess back into the bowl. Then add seltzer to the flour mixture in a stream while whisking constantly to make it into batter. Season with salt and pepper.
- Heat canola oil to 375 degrees F in a deep fryer, or according to the manufacturer's instructions for similar foods. Dip each piece of crab in the batter, and add the to deep-fryer basket. Fry until golden brown.
- Drain on paper toweling and serve warm.

Nutrition Facts

PROTEIN 1.58%

FAT 83.5%

CARBS 14.92%

Properties

Glycemic Index:23.43, Glycemic Load:7.09, Inflammation Score:-3, Nutrition Score:6.6665217513623%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 424.79kcal (21.24%), Fat: 39.77g (61.19%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.42g (5.61%), Sugar: 4.98g (5.54%), Cholesterol: 0.21mg (0.07%), Sodium: 595.39mg (25.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin E: 7mg (46.66%), Vitamin K: 29.5µg (28.09%), Vitamin C: 10.71mg (12.99%), Manganese: 0.21mg (10.33%), Selenium: 4.09µg (5.84%), Vitamin B1: 0.08mg (5.57%), Calcium: 55.44mg (5.54%), Folate: 22.06µg (5.52%), Phosphorus: 46.09mg (4.61%), Iron: 0.78mg (4.34%), Vitamin B2: 0.06mg (3.47%), Vitamin B3: 0.68mg (3.4%), Magnesium: 12.35mg (3.09%), Potassium: 98.99mg (2.83%), Copper: 0.05mg (2.43%), Fiber: 0.57g (2.3%), Vitamin B6: 0.03mg (1.69%), Vitamin A: 79.78IU (1.6%), Zinc: 0.19mg (1.29%)