



WHATSheATE



Asparagus Tempura



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



410 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch asparagus ends trimmed
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup cornstarch
- ☐ 2 large egg whites at room temperature
- ☐ 0.5 cup flour
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 tablespoon spring onion sliced
- ☐ 0.5 tsp kosher salt

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup ponzu sauce
- ☐ 1 qt vegetable oil for frying

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Mix flour, cornstarch, cayenne, garlic powder, and 1/2 tsp. salt in a medium bowl.
- ☐ Add olive oil, then slowly drizzle in 3/4 cup cold water, whisking constantly until mixture is smooth. Cover and chill at least 1 hour.
- ☐ Pour ponzu into a small bowl and sprinkle with green onion. Set aside.
- ☐ Pour 1 in. vegetable oil into a large, wide pot. Insert a deep-fry thermometer; heat over high heat to 37
- ☐ Meanwhile, beat egg whites with a mixer until soft peaks form. Using a rubber spatula, fold whites into batter.
- ☐ Transfer batter to a wide, shallow bowl.
- ☐ Drop a few asparagus stalks into batter. One by one, transfer asparagus to hot oil. Cook until light golden brown, turning as needed, about 4 minutes.
- ☐ Drain on paper towels and sprinkle with more salt if you like. Repeat with remaining asparagus.
- ☐ Serve with ponzu.
- ☐ *Find ponzu in the Asian foods aisle.

Nutrition Facts



 PROTEIN **3.83%**  FAT **78.63%**  CARBS **17.54%**

Properties

Glycemic Index:29.33, Glycemic Load:6.2, Inflammation Score:-7, Nutrition Score:11.196086787011%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 410.09kcal (20.5%), Fat: 36.44g (56.07%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 16.32g (5.93%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 438.23mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Vitamin K: 94.19µg (89.7%), Vitamin E: 4.14mg (27.58%), Folate: 59.29µg (14.82%), Vitamin B1: 0.19mg (12.72%), Vitamin A: 611.65IU (12.23%), Vitamin B2: 0.21mg (12.19%), Iron: 2.19mg (12.18%), Selenium: 7.7µg (11%), Manganese: 0.2mg (9.98%), Copper: 0.16mg (8.24%), Fiber: 1.98g (7.92%), Vitamin B3: 1.37mg (6.87%), Vitamin C: 4.45mg (5.4%), Phosphorus: 53.96mg (5.4%), Potassium: 186.81mg (5.34%), Vitamin B6: 0.08mg (3.91%), Magnesium: 14.64mg (3.66%), Zinc: 0.5mg (3.3%), Vitamin B5: 0.27mg (2.74%), Calcium: 21.58mg (2.16%)