

# Crispy Shrimp Tempura

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons cornstarch
- 2 egg whites lightly beaten
- 1 egg yolk
- 1 cup flour all-purpose
- 1 pinch salt
- 1 pound shrimp deveined peeled
- 2 cups vegetable oil for frying
- 1 cup water

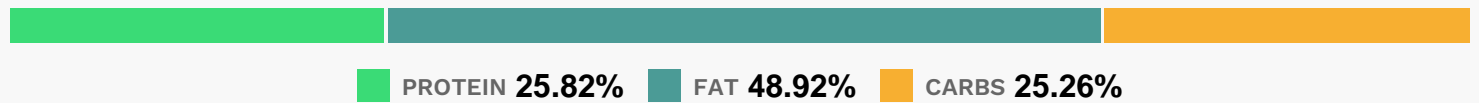
## Equipment

- bowl
- paper towels
- whisk

## Directions

- Heat oil in a deep-fryer to 375 degrees F (190 degrees C).
- Whisk flour, cornstarch, and salt in a large bowl. Make a depression in the center of the flour. Stir in the water and egg yolk.
- Mix just until moistened; batter will be lumpy. Stir in egg whites.
- One at a time, dip shrimp into the batter to coat. Do not batter tails. Carefully place a few shrimp at a time into the hot oil. Fry until golden brown, about 1 1/2 minutes.
- Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:11.5, Inflammation Score:-3, Nutrition Score:7.7460869654365%

## Nutrients (% of daily need)

Calories: 293.59kcal (14.68%), Fat: 15.94g (24.52%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 17.93g (6.52%), Sugar: 0.14g (0.16%), Cholesterol: 154.11mg (51.37%), Sodium: 117.09mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.84%), Vitamin K: 26.81µg (25.53%), Phosphorus: 197.83mg (19.78%), Copper: 0.34mg (16.89%), Selenium: 10.82µg (15.45%), Vitamin B1: 0.17mg (11.28%), Folate: 42.9µg (10.73%), Vitamin B2: 0.16mg (9.57%), Manganese: 0.17mg (8.56%), Vitamin E: 1.28mg (8.52%), Zinc: 1.24mg (8.24%), Magnesium: 32.77mg (8.19%), Iron: 1.47mg (8.14%), Potassium: 241.52mg (6.9%), Vitamin B3: 1.24mg (6.21%), Calcium: 57.32mg (5.73%), Fiber: 0.59g (2.35%), Vitamin B5: 0.2mg (2%), Vitamin B12: 0.07µg (1.13%), Vitamin D: 0.16µg (1.08%), Vitamin B6: 0.02mg (1.01%)