



Crispy Tempura Battered Shrimp

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 3 cups flour all-purpose divided sifted
- ☐ 0.5 cup rice wine sweet
- ☐ 1 tablespoon seafood stock
- ☐ 2 pounds shrimp with tails on peeled
- ☐ 0.5 cup soya sauce
- ☐ 6 servings vegetable oil for frying
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ In a deep-fryer or large Dutch oven, pour oil to a depth of 4-inches.
- ☐ Heat over medium heat until a pea-size drop of batter floats but does not swell, about 350 degrees F.
- ☐ In a medium bowl, combine 2 cups of flour, the water, and the egg.
- ☐ Whisk lightly until ingredients are combined (batter will be slightly lumpy). In a shallow dish, pour remaining flour. Dredge shrimp in flour and then dip into the batter. Fry in batches for 2 to 3 minutes per batch, turning to brown on all sides.
- ☐ Cook's Note: When placing shrimp into oil, hold by tail and allow to fan out before starting to fry.
- ☐ Remove from oil and drain on a cooling rack over a baking sheet.
- ☐ Serve hot with tempura sauce.
- ☐ In a small saucepan, combine the water, soy sauce, sweet rice wine, and seafood stock. Bring to a boil over medium-high heat. Reduce the heat to medium-low and simmer for 10 to 15 minutes, stirring frequently.
- ☐ Yields: 3 cups
- ☐ Prep Time: 5 minutes
- ☐ Cook Time: 30 minutes
- ☐ Difficulty: Easy

Nutrition Facts



 **PROTEIN 39.62%**  **FAT 10.97%**  **CARBS 49.41%**

Properties

Glycemic Index:15, Glycemic Load:34.64, Inflammation Score:-5, Nutrition Score:15.863478243351%

Nutrients (% of daily need)

Calories: 430.05kcal (21.5%), Fat: 4.92g (7.56%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 49.83g (16.61%), Net Carbohydrates: 47.99g (17.45%), Sugar: 0.53g (0.59%), Cholesterol: 270.71mg (90.24%), Sodium: 1283.73mg (55.81%), Alcohol: 3.22g (100%), Alcohol %: 1.15% (100%), Protein: 39.95g (79.9%), Phosphorus: 432.66mg (43.27%), Copper: 0.73mg (36.41%), Selenium: 23.89µg (34.13%), Vitamin B1: 0.5mg (33.66%), Folate: 121.4µg (30.35%), Manganese: 0.57mg (28.73%), Iron: 4.3mg (23.89%), Vitamin B3: 4.49mg (22.47%), Vitamin B2: 0.37mg (21.91%), Magnesium: 77.3mg (19.32%), Zinc: 2.66mg (17.7%), Potassium: 524.26mg (14.98%), Calcium: 118.22mg (11.82%), Fiber: 1.84g (7.37%), Vitamin K: 5.36µg (5.11%), Vitamin B5: 0.46mg (4.59%), Vitamin B6: 0.08mg (3.94%), Vitamin E: 0.35mg (2.31%), Vitamin B12: 0.07µg (1.13%)