



French-Fried Tempura "Shrimps"

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 6 servings sauce
- ☐ 1 cup milk
- ☐ 1 teaspoon salt
- ☐ 2 pounds shrimp fresh unpeeled
- ☐ 6 servings vegetable oil

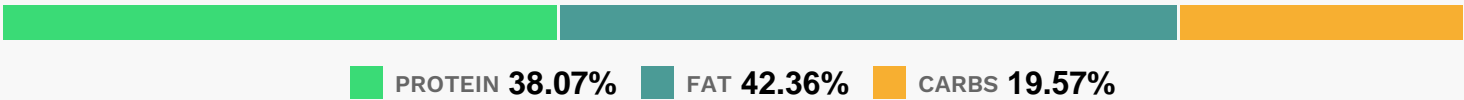
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Peel shrimp, leaving tails on; devein, if desired. Set aside.
- ☐ Combine eggs and next 4 ingredients in a small bowl, stirring just until blended.
- ☐ Pour oil to a depth of 3 inches into a large heavy skillet or Dutch oven; heat to 37
- ☐ Hold each shrimp by tail, and dip into batter, coating thoroughly; fry shrimp, a few at a time, in hot oil 1 to 2 minutes or until golden brown.
- ☐ Drain on paper towels, and serve immediately with John's Dunk Sauce.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:12.39, Inflammation Score:-2, Nutrition Score:12.257391328397%

Nutrients (% of daily need)

Calories: 375.06kcal (18.75%), Fat: 17.67g (27.19%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 17.81g (6.48%), Sugar: 2.3g (2.55%), Cholesterol: 302.87mg (100.96%), Sodium: 686.87mg (29.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.73g (71.47%), Phosphorus: 430.78mg (43.08%), Copper: 0.63mg (31.63%), Vitamin K: 25.97µg (24.74%), Calcium: 197.54mg (19.75%), Selenium: 12.34µg (17.63%), Zinc: 2.53mg (16.86%), Magnesium: 64.33mg (16.08%), Potassium: 502.91mg (14.37%), Vitamin B2: 0.23mg (13.3%), Vitamin B1: 0.19mg (12.81%), Iron: 2.09mg (11.61%), Folate: 45.02µg (11.25%), Manganese: 0.2mg (9.94%), Vitamin E: 1.33mg (8.88%), Vitamin B3: 1.28mg (6.42%), Vitamin B12: 0.35µg (5.84%), Vitamin D: 0.74µg (4.94%), Vitamin B5: 0.47mg (4.68%), Vitamin B6: 0.06mg (2.95%), Vitamin A: 145.08IU (2.9%), Fiber: 0.56g (2.26%)