



Green Bean and Asparagus Tempura

 Vegetarian  Vegan  Dairy Free

READY IN

ready

13 min.

SERVINGS

servings

4

CALORIES

calories

230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 medium asparagus stalks trimmed
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 cup club soda
- ☐ 1.3 cups flour all-purpose
- ☐ 12 green beans trimmed
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 0.5 cup soya sauce

☐ 4 servings vegetable oil for frying

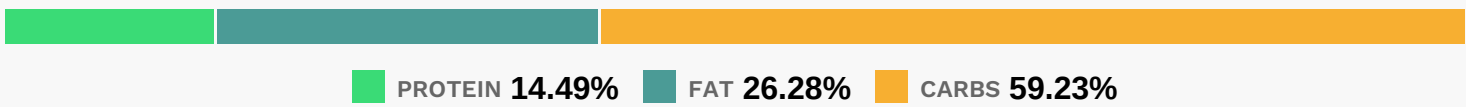
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large heavy-bottomed saucepan, pour in enough vegetable oil to fill the pan about 1/3 of the way.
- ☐ Heat over medium heat until a deep-frying thermometer, inserted in the oil, reaches 375 degrees F. (If you dont have a thermometer a cube of bread will brown in about 2 minutes.)
- ☐ While the oil is heating, in a medium bowl, whisk together the flour, baking powder and baking soda.
- ☐ Add the club soda and sesame oil. Stir until just combined and still lumpy.
- ☐ Dip the vegetables in the batter and fry, 3 or 4 at a time, until the batter is golden and crispy, about 60 to 70 seconds.
- ☐ Drain on paper towels.
- ☐ Arrange the vegetables on a platter and serve the soy sauce alongside as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:22.43, Inflammation Score:-6, Nutrition Score:12.390434679778%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 230.13kcal (11.51%), Fat: 6.81g (10.47%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 31.76g (11.55%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 1729.99mg (75.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.88%), Vitamin K: 32.35µg (30.81%), Vitamin B1: 0.41mg (27.06%), Folate: 107.11µg (26.78%), Manganese: 0.52mg (26.16%), Selenium: 14.68µg (20.97%), Iron: 3.73mg (20.75%), Vitamin B3: 4.04mg (20.21%), Vitamin B2: 0.32mg (18.93%), Phosphorus: 116.6mg (11.66%), Fiber: 2.74g (10.96%), Copper: 0.2mg (10.05%), Vitamin A: 476.73IU (9.53%), Vitamin E: 1.41mg (9.41%), Magnesium: 31.7mg (7.92%), Vitamin B6: 0.14mg (7.11%), Potassium: 236.28mg (6.75%), Vitamin C: 4.7mg (5.7%), Zinc: 0.76mg (5.04%), Calcium: 46.93mg (4.69%), Vitamin B5: 0.45mg (4.49%)