



Mexican Style Tempura with a Chili Chocolate Sauce

READY IN



50 min.

SERVINGS



4

CALORIES



878 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup tomatoes canned
- 6 ounces canola oil
- 2 chicken breasts sliced thin
- 2 tablespoons chili powder
- 2 tablespoons freshly cilantro leaves chopped
- 0.5 cup cornstarch
- 0.3 teaspoon basil dried
- 0.3 teaspoon thyme leaves dried

- 6 egg whites
- 1.5 cups flour all-purpose divided
- 2 tablespoons granulated garlic powder
- 2 tablespoons kosher salt
- 0.3 cup chocolate
- 0.5 onion diced
- 0.3 teaspoon oregano dried
- 0.3 teaspoon freshly cracked pepper black
- 1 poblano chile diced peeled seeded
- 0.1 teaspoon pepper flakes red crushed
- 2 ounces red wine
- 4 large shrimp deveined peeled
- 4 servings water for consistency

Equipment

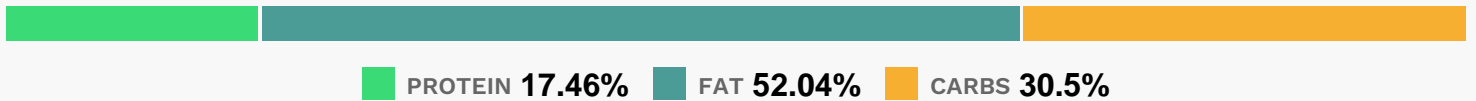
- bowl
- frying pan
- baking sheet
- oven
- mixing bowl
- skewers
- wooden skewers

Directions

- Preheat oven to 400 degrees F and preheat 6 ounces canola oil to 400 degrees F.
- For the tempura: In a small mixing bowl, add 1 cup flour, cornstarch, Sabor Italia, egg white and enough water to have a pancake-like consistency.
- Mix until thoroughly combined.

- Thread chicken slices onto wooden skewers. Season, to taste, with Sabor Italia. Dredge the skewers into 1/2 cup flour and then into prepared batter.
- Place skewers immediately into preheated oil and fry until golden brown.
- Place onto a baking sheet and finish in the oven, about 5 minutes. Do the same for the shrimp.
- For the sauce: In a medium saute pan over medium-high heat, saute the poblano, onions and a pinch of Sabor Italia.
- Add the red wine and chocolate and stir until combine.
- Add the chili powder and remaining Sabor Italia and stir until thickened.
- Add the chopped tomatoes and stir. Continue to cook for another 5 minutes.
- Remove from heat and stir in cilantro leaves.
- Place skewers on a platter and top with sauce.
- In a small bowl, combine all ingredients and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:70.4, Glycemic Load:29.32, Inflammation Score:-9, Nutrition Score:31.114782229714%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.96mg, Malvidin: 1.96mg, Malvidin: 1.96mg, Malvidin: 1.96mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 877.72kcal (43.89%), Fat: 50.52g (77.72%), Saturated Fat: 6.2g (38.73%), Carbohydrates: 66.62g (22.21%), Net Carbohydrates: 61.67g (22.42%), Sugar: 8.53g (9.47%), Cholesterol: 88.42mg (29.47%), Sodium: 3813.09mg (165.79%), Alcohol: 1.5g (100%), Alcohol %: 0.31% (100%), Caffeine: 7.22mg (2.41%), Protein: 38.14g (76.28%), Selenium: 63.8µg (91.15%), Vitamin B3: 15.57mg (77.84%), Vitamin E: 9.63mg (64.21%), Vitamin B6: 1.14mg (57.11%), Vitamin K: 42.55µg (40.52%), Phosphorus: 381.79mg (38.18%), Vitamin B2: 0.64mg (37.57%), Vitamin B1: 0.51mg (33.87%), Vitamin C: 27.85mg (33.76%), Manganese: 0.66mg (32.96%), Vitamin A: 1400.73IU (28.01%), Folate: 103.95µg (25.99%), Iron: 4.6mg (25.58%), Potassium: 868.75mg (24.82%), Vitamin B5: 2.07mg (20.72%), Magnesium: 82.83mg (20.71%), Fiber: 4.95g (19.8%), Copper: 0.38mg (18.99%), Zinc: 1.77mg (11.79%), Calcium: 68.68mg (6.87%), Vitamin B12: 0.27µg (4.44%)