



Sesame Tempura Green Beans with Soy Dipping Sauce



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



410 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup beer dark (not)
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon granulated sugar
- ☐ 0.8 pound green beans trimmed
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.3 cup sesame seed
- ☐ 2 tablespoons soya sauce

☐ 4 cups vegetable oil

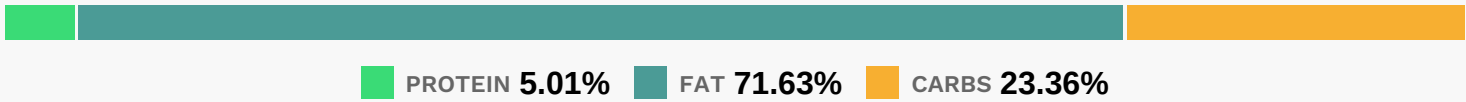
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ tongs

Directions

- ☐ Heat 2 inches oil in a 4-quart heavy pot over moderate heat until a deep-fat thermometer registers 365°F.
- ☐ While oil is heating, make dipping sauce by stirring together soy sauce, lime juice, and sugar until sugar is dissolved. 3
- ☐ Whisk together flour and sesame seeds and whisk in beer until batter is smooth.
- ☐ Toss about 10 beans in batter until coated.
- ☐ Add to oil 1 at a time (to keep separate) and fry, turning, until golden, about 1 1/2 minutes.
- ☐ Transfer with tongs to paper towels to drain and sprinkle with salt to taste. Coat and fry remaining beans in same manner.
- ☐ Serve beans with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:46.93, Glycemic Load:13.94, Inflammation Score:-7, Nutrition Score:12.953043372735%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

0.07mg, Luteolin: 0.07mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg
Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.56mg, Quercetin:
1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin:
0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 409.67kcal (20.48%), Fat: 32.51g (50.01%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 23.85g (7.95%),
Net Carbohydrates: 20.96g (7.62%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 341.28mg (14.84%),
Alcohol: 1.53g (100%), Alcohol %: 0.7% (100%), Protein: 5.12g (10.23%), Vitamin K: 77.91µg (74.2%), Manganese:
0.45mg (22.59%), Vitamin B1: 0.27mg (17.69%), Vitamin E: 2.64mg (17.61%), Copper: 0.33mg (16.74%), Folate:
66.5µg (16.63%), Iron: 2.62mg (14.55%), Selenium: 9.84µg (14.06%), Vitamin B3: 2.37mg (11.85%), Vitamin B2: 0.2mg
(11.57%), Fiber: 2.89g (11.54%), Magnesium: 45.59mg (11.4%), Phosphorus: 96.9mg (9.69%), Vitamin C: 7.42mg
(8.99%), Calcium: 88.05mg (8.81%), Vitamin B6: 0.17mg (8.46%), Vitamin A: 392.62IU (7.85%), Potassium: 196.48mg
(5.61%), Zinc: 0.8mg (5.32%), Vitamin B5: 0.26mg (2.63%)