



Shrimp and Vegetable Tempura

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



588 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cube beef bouillon from cube
- ☐ 1.5 cups cornstarch
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon rice vinegar
- ☐ 12 ounces precut vegetables mixed red such as broccoli florets, pepper pieces and mushroom caps
- ☐ 1.8 cups seltzer

- ☐ 1 pound shrimp deveined peeled tails left on
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 4 servings vegetable oil for frying

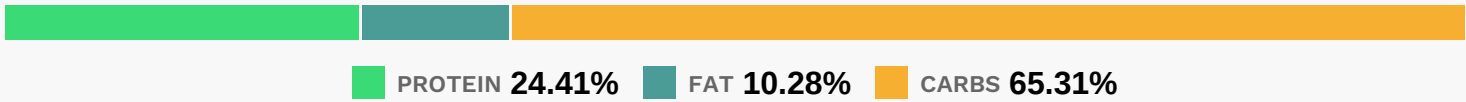
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ microwave
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Microwave 1 cup water and the bouillon cube in a microwave-safe glass measuring cup, 2 minutes. Stir in the soy sauce, mirin and sugar.
- ☐ Heat 2 inches peanut oil in a heavy-bottomed pot until a deep-fry thermometer registers 380 degrees F. Meanwhile, whisk the flour, seltzer, eggs and 1/2 teaspoon salt in a medium bowl until almost smooth.
- ☐ Add 1 cup ice cubes and stir until they just begin to melt.
- ☐ Put the cornstarch in a shallow dish. Line a baking sheet with paper towels.
- ☐ Working in batches, dredge one-third of the shrimp and vegetables in the cornstarch, then dip in the batter to coat, letting the excess drip off. Fry until crisp and lightly golden, turning once, 2 to 3 minutes.
- ☐ Remove with a slotted spoon and transfer to the prepared baking sheet to drain.
- ☐ Let the oil return to 380 degrees F, then repeat with the remaining shrimp and vegetables.
- ☐ Serve with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:60.52, Glycemic Load:33.48, Inflammation Score:-8, Nutrition Score:27.257825924003%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 588.19kcal (29.41%), Fat: 6.66g (10.24%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 95.11g (31.7%), Net Carbohydrates: 90.88g (33.05%), Sugar: 4.91g (5.46%), Cholesterol: 275.57mg (91.86%), Sodium: 1177.39mg (51.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.55g (71.09%), Vitamin C: 75.86mg (91.96%), Vitamin K: 92.14µg (87.75%), Phosphorus: 431.45mg (43.14%), Selenium: 29.84µg (42.63%), Folate: 167.86µg (41.96%), Manganese: 0.69mg (34.64%), Vitamin B1: 0.51mg (33.84%), Copper: 0.63mg (31.54%), Vitamin B2: 0.51mg (29.72%), Iron: 4.75mg (26.39%), Vitamin B3: 4.33mg (21.66%), Magnesium: 80.52mg (20.13%), Potassium: 693.99mg (19.83%), Zinc: 2.77mg (18.43%), Fiber: 4.23g (16.91%), Calcium: 144.04mg (14.4%), Vitamin A: 664.85IU (13.3%), Vitamin B6: 0.24mg (12.12%), Vitamin B5: 1.16mg (11.61%), Vitamin E: 1.19mg (7.92%), Vitamin B12: 0.22µg (3.72%), Vitamin D: 0.5µg (3.33%)