

Sugar Snap Pea Tempura

Vegetarian Dairy Free

READY IN
SERVINGS
CALORIES

ATTIPASTI STARTER SNACK APPETIZER

CALORIES

APPETIZER

Ingredients

1 cup beer dark (8 ounces; not)
1 cup flour all-purpose
100 servings soya sauce
1 pound sugar snap peas trimmed
1 quarts vegetable oil

Equipment

bowl
paper towels

	whisk	
	pot	
	kitchen thermometer	
	ziploc bags	
	slotted spoon	
Directions		
	Whisk together flour and beer in a bowl until smooth.	
	Heat 2 inches oil in a 4-quart heavy pot over moderate heat until it registers 365°F on thermometer.	
	Working in batches of about 15, toss sugar snaps in batter until coated. Lift sugar snaps out of batter 1 at a time, letting excess batter drip off, and transfer to oil. Fry sugar snaps, turning with a slotted spoon, until golden, about 11/2 minutes.	
	Transfer with slotted spoon to paper towels to drain. (Return oil to 365°F between batches.)	
	Serve sugar snaps warm.	
	·Peas can be trimmed 1 day ahead and chilled in a sealed plastic bag lined with dampened paper towels.·Batter can be made 2 hours ahead and chilled, covered.	
	Whisk before using.	
Nutrition Facts		
	PROTEIN 8.33% FAT 82.48% CARBS 9.19%	
Proportios		

Properties

Glycemic Index:1.3, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:2.6286956542374%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Nutrients (% of daily need)

Calories: 101.93kcal (5.1%), Fat: 9.5g (14.62%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.49g (0.55%), Cholesterol: Omg (0%), Sodium: 1005.78mg (43.73%), Alcohol: 0.09g (100%), Alcohol %: 0.33% (100%), Protein: 2.16g (4.32%), Vitamin K: 18.54µg (17.66%), Manganese: 0.11mg (5.48%), Vitamin E: 0.79mg (5.28%), Vitamin B3: 0.82mg (4.12%), Vitamin C: 2.72mg (3.3%), Iron: 0.58mg (3.24%), Phosphorus: 27.48mg (2.75%), Vitamin B6: 0.04mg (2.24%), Vitamin B2: 0.04mg (2.22%), Magnesium: 8.71mg (2.18%), Folate: 7.57µg (1.89%), Vitamin B1: 0.03mg (1.82%), Copper: 0.03mg (1.49%), Potassium: 49.21mg (1.41%), Fiber: 0.3g (1.18%), Vitamin B5: 0.11mg (1.08%)