



Sugar Snap Pea Tempura



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

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

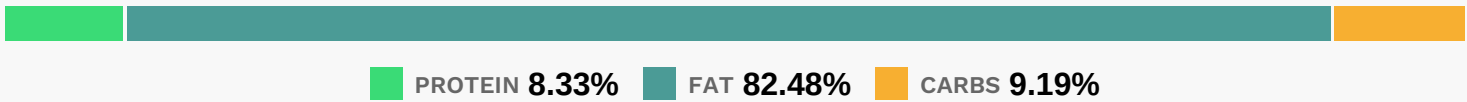
- ☐ bowl
- ☐ paper towels

- ☐ 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 1 1/2 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



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: 0mg (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%)