



Tempura Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch asparagus
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon kosher salt
- ☐ 2 lemons cut into wedges
- ☐ 1 cup rice flour
- ☐ 4 servings sea salt
- ☐ 0.5 cup soda water

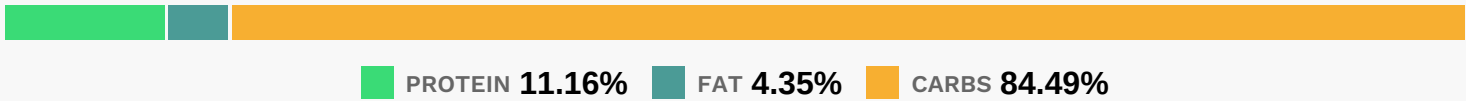
Equipment

- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ peeler

Directions

- ☐ Preheat fryer to 350 degrees F.
- ☐ Cut the tough and fibrous bottoms off the asparagus and peel stems with a vegetable peeler. In a mixing bowl, combine flour, salt, and coriander.
- ☐ Whisk in soda water just until incorporated with the dry ingredients.
- ☐ Let the batter rest at room temperature for 1 hour. Dip asparagus in batter and place in fryer until golden brown, about 3 minutes.
- ☐ Place on paper towels to drain and sprinkle with sea salt.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:22.68, Inflammation Score:-7, Nutrition Score:14.375652251036%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg

Nutrients (% of daily need)

Calories: 186.05kcal (9.3%), Fat: 0.95g (1.47%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 41.72g (13.91%), Net Carbohydrates: 36.68g (13.34%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 784.88mg (34.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin K: 46.8µg (44.57%), Vitamin C: 35.03mg (42.45%), Manganese: 0.69mg (34.29%), Fiber: 5.04g (20.18%), Vitamin A: 862.38IU (17.25%), Folate: 66.04µg

(16.51%), Iron: 2.96mg (16.46%), Vitamin B6: 0.32mg (16%), Vitamin B1: 0.24mg (15.92%), Copper: 0.29mg (14.59%), Selenium: 8.98µg (12.82%), Vitamin B3: 2.2mg (11%), Phosphorus: 108.39mg (10.84%), Vitamin B2: 0.18mg (10.55%), Potassium: 339.26mg (9.69%), Vitamin E: 1.4mg (9.31%), Magnesium: 36.04mg (9.01%), Vitamin B5: 0.74mg (7.38%), Zinc: 1.01mg (6.77%), Calcium: 50.54mg (5.05%)