



Tempura Asparagus

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 large bunches asparagus ends trimmed
- 1 teaspoon ginger fresh grated
- 1 teaspoon juice of lemon fresh
- 0.3 cup mirin
- 2 spring onion thinly sliced
- 0.8 cup soya sauce
- 2 tablespoons sugar
- 8 servings vegetable oil for frying

1 large tempura batter mix

Equipment

bowl

frying pan

Directions

Pour 1-inch vegetable oil into a large, deep skillet.

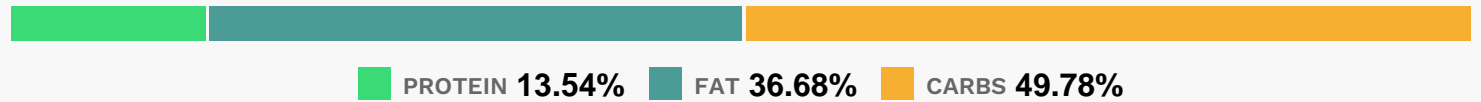
Place over medium-high heat and heat to 350 degrees F.

Prepare the tempura batter according to package instructions. Dip the asparagus in the batter, place in the skillet and fry until golden and crispy, about 2 minutes. Fry in batches.

In a bowl, combine the soy sauce, mirin, ginger, lemon juice and scallions.

Serve the asparagus with the dipping sauce on the side.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:2.3, Inflammation Score:-1, Nutrition Score:2.043043481267%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 65.64kcal (3.28%), Fat: 2.84g (4.37%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.41g (3.06%), Sugar: 5.77g (6.42%), Cholesterol: 0mg (0%), Sodium: 1291.05mg (56.13%), Alcohol: 0.98g (100%), Alcohol %: 2.35% (100%), Protein: 2.36g (4.72%), Vitamin K: 11.52µg (10.97%), Manganese: 0.11mg (5.73%), Vitamin B3: 0.88mg (4.41%), Iron: 0.57mg (3.19%), Phosphorus: 29.72mg (2.97%), Magnesium: 9.5mg (2.37%), Vitamin B6: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.16%), Vitamin E: 0.25mg (1.68%), Copper: 0.03mg (1.67%), Potassium: 56.89mg (1.63%), Folate: 6.18µg (1.55%), Fiber: 0.27g (1.07%), Vitamin B1: 0.02mg (1.02%), Vitamin C: 0.84mg (1.02%)