



Tempura Avocado with Shrimp

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



569 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large avocados seeded
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons sesame seed black
- ☐ 0.8 cup bok choy thinly sliced
- ☐ 4 cups canola oil
- ☐ 1 tablespoon garlic minced
- ☐ 3 tablespoons ginger minced
- ☐ 0.5 cup green onions diced

- ☐ 4 tablespoons white wine
- ☐ 1 cup napa cabbage thinly sliced
- ☐ 0.5 bell pepper red thinly sliced
- ☐ 0.5 onion diced red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sesame oil
- ☐ 0.8 pound shrimp shelled deveined
- ☐ 3 tablespoons soya sauce
- ☐ 0.5 cup chili sauce sweet (mai ploy)
- ☐ 2 cups tempura batter

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

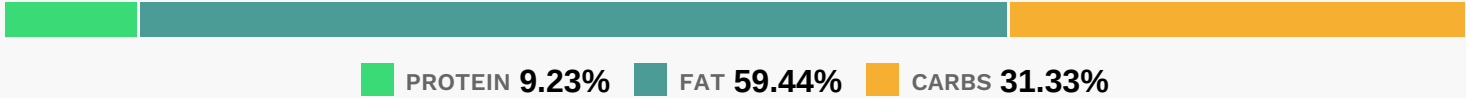
Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium saute pan heat 3 tablespoons oil.
- ☐ Add the red onion, ginger, and garlic and saute for 3 minutes. Then add the shrimp, cook for 2 minutes, and then add the bok choy, cabbage, bell peppers. Cook for another 5 minutes to wilt. Deglaze with mirin. Toss in sesame oil, soy sauce, black pepper, salt and green onions.
- ☐ Let mixture cool in a bowl.
- ☐ Preheat Dutch oven with oil to 350 degrees F.
- ☐ Mix tempura batter with ice cold water. (pancake batter consistency)
- ☐ Hollow out 2 tablespoons of avocado from center, add 1/8th of cooled shrimp mixture to cavity of avocado, mixture should sit in avocado securely with only 1/2 to 1/4 of mixture standing out of avocado. Firmly press the mixture into the avocado. Holding the avocado with shrimp mixture, dip entire unit into batter and gently lower into the oil. Cook for 2 to 3

minutes or until golden brown. When cooked, remove and let drain on paper towels, serve hot.

Drizzle with sweet chili sauce, and sprinkle with black sesame seeds.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:1.46, Inflammation Score:-8, Nutrition Score:17.383043537969%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 569.32kcal (28.47%), Fat: 38.24g (58.83%), Saturated Fat: 6.68g (41.73%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 37.52g (13.64%), Sugar: 9.49g (10.54%), Cholesterol: 68.46mg (22.82%), Sodium: 822.24mg (35.75%), Alcohol: 0.77g (100%), Alcohol %: 0.28% (100%), Protein: 13.35g (26.71%), Vitamin E: 9.31mg (62.06%), Vitamin K: 47.17µg (44.92%), Vitamin C: 27.22mg (32.99%), Fiber: 7.84g (31.36%), Folate: 105.54µg (26.38%), Copper: 0.47mg (23.65%), Potassium: 727.41mg (20.78%), Vitamin B6: 0.38mg (18.84%), Phosphorus: 180.01mg (18%), Manganese: 0.34mg (17.16%), Magnesium: 61.41mg (15.35%), Vitamin A: 766.42IU (15.33%), Vitamin B5: 1.49mg (14.91%), Vitamin B3: 2.33mg (11.63%), Zinc: 1.52mg (10.12%), Vitamin B2: 0.17mg (10.1%), Iron: 1.53mg (8.49%), Calcium: 84.48mg (8.45%), Vitamin B1: 0.11mg (7.16%), Selenium: 1.49µg (2.13%)