



Tempura Crawfish

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



1935 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 servings cayenne pepper
- ☐ 0.5 cup roasted corn kernels
- ☐ 1 tablespoon cornstarch
- ☐ 1 pound crayfish deveined peeled
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon green onions

- ☐ 1 juice of lime
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 1 optional: lemon cut into wedges
- ☐ 2 tablespoons mayonnaise light
- ☐ 1 teaspoon rice wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.5 cup soda water
- ☐ 8 cups vegetable oil

Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ deep fryer

Directions

- ☐ To begin, preheat the oil in a large pot or deep fryer to 375 degrees F for frying the crayfish.
- ☐ For the batter: In mixing bowl, mix the flour, baking powder, corn starch and salt together, blending well. Next, add the egg and mix to incorporate. Then stir in the soda water and mix for a final time. Keep the batter cold until ready to use and stir again before each use.
- ☐ For the sauce: In a bowl, using a hand whisk, blend the corn, mayonnaise and lime juice, whisk together well to evenly mix sauce. Then add the onions, and some salt, black pepper and cayenne to taste.
- ☐ For the crayfish: Evenly split the crayfish into two portions. Coat the first half with the batter, and place in the preheated oil. Cook until fluffy and golden brown, 2 to 3 minutes.
- ☐ Remove from the fryer and repeat the process with the remaining crayfish.
- ☐ Serve with lemon wedges and prepared sauce.

Nutrition Facts



 **PROTEIN 3.31%**  **FAT 82.9%**  **CARBS 13.79%**

Properties

Glycemic Index:169.25, Glycemic Load:37.17, Inflammation Score:-9, Nutrition Score:30.346956460372%

Flavonoids

Eriodictyol: 11.86mg, Eriodictyol: 11.86mg, Eriodictyol: 11.86mg, Eriodictyol: 11.86mg Hesperetin: 16.41mg, Hesperetin: 16.41mg, Hesperetin: 16.41mg, Hesperetin: 16.41mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 1935.26kcal (96.76%), Fat: 181.88g (279.82%), Saturated Fat: 28.21g (176.31%), Carbohydrates: 68.06g (22.69%), Net Carbohydrates: 63.28g (23.01%), Sugar: 4.46g (4.96%), Cholesterol: 132.53mg (44.18%), Sodium: 2077.03mg (90.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.68%), Vitamin K: 336.57µg (320.54%), Vitamin E: 15.64mg (104.25%), Selenium: 39.35µg (56.21%), Vitamin C: 36mg (43.64%), Calcium: 417.5mg (41.75%), Folate: 156.35µg (39.09%), Vitamin B1: 0.56mg (37.56%), Phosphorus: 353.5mg (35.35%), Manganese: 0.62mg (31.21%), Vitamin B2: 0.52mg (30.31%), Iron: 5.05mg (28.05%), Vitamin B3: 4.84mg (24.2%), Vitamin A: 1058.89IU (21.18%), Fiber: 4.77g (19.1%), Vitamin B12: 1.07µg (17.77%), Copper: 0.32mg (16.23%), Vitamin B6: 0.22mg (11.1%), Magnesium: 43.06mg (10.76%), Vitamin B5: 1.07mg (10.75%), Potassium: 369.36mg (10.55%), Zinc: 1.48mg (9.84%), Vitamin D: 0.5µg (3.33%)