



WHATSheATE



Tempura Fried String Beans



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon double-acting baking powder



1 cup cornstarch



1 cup flour all-purpose



1 pinch salt



1 cup soda water



1 pound string beans dried washed trimmed



1 tablespoon sugar



0.5 cup cranberry sauce

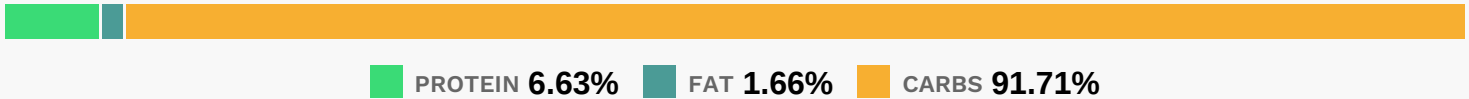
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oil in deep-fryer to 375 degrees F.
- ☐ In a large bowl add the flour, cornstarch, baking powder, sugar and salt and mix to combine.
- ☐ Whisk in the soda water and mix until a batter is formed. Dip the beans in the batter being sure to shake off the excess. Fry the beans in batches for 2 to 3 minutes until crispy and golden.
- ☐ Remove to a paper towel lined sheet tray to drain. Arrange the beans on a platter and serve with warm cranberry sauce.
- ☐ Cook's Note: When frying the beans, make sure the fryer basket is submerged into the oil. Drop string beans into the basket in the oil to ensure the beans do not stick to the basket when cooking.

Nutrition Facts



Properties

Glycemic Index:47.18, Glycemic Load:14.89, Inflammation Score:-6, Nutrition Score:9.2965216947638%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 226.41kcal (11.32%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 52.61g (17.54%), Net Carbohydrates: 49.55g (18.02%), Sugar: 11.94g (13.26%), Cholesterol: 0mg (0%), Sodium: 234.8mg (10.21%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Vitamin K: 32.9µg (31.33%), Manganese: 0.33mg (16.57%), Folate: 63.31µg (15.83%), Vitamin B1: 0.23mg (15.27%), Calcium: 151.74mg (15.17%), Fiber: 3.06g (12.23%), Iron: 2.17mg (12.04%), Selenium: 8.22µg (11.75%), Vitamin C: 9.46mg (11.46%), Vitamin B2: 0.19mg (10.99%), Vitamin A: 531.43IU (10.63%), Phosphorus: 98.75mg (9.88%), Vitamin B3: 1.81mg (9.04%), Magnesium: 25.52mg (6.38%), Vitamin B6: 0.12mg (5.95%), Potassium: 190.21mg (5.43%), Copper: 0.1mg (5.08%), Vitamin E: 0.54mg (3.6%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.39mg (2.58%)