




Tempura Green Beans with Mild Cayenne Sour Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



370 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 0.5 teaspoon pepper black
- 4 cups canola oil
- 1.3 cups club soda chilled
- 8 servings mild cayenne cream sour
- 4.4 ounces flour gluten-free red all-purpose (1 cup; such as Bob's Mill)
- 8 ounces green beans trimmed

- 0.5 teaspoon kosher salt
- 2 teaspoons paprika
- 5 ounces rice flour white red (1 cup; such as Bob's Mill)

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- measuring cup
- dutch oven
- candy thermometer

Directions

- Preheat oven to 20
- Clip a candy thermometer onto the side of a 4-quart Dutch oven; add oil to pan.
- Heat oil to 38
- While oil heats, weigh or lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, paprika, baking soda, and black pepper in a medium bowl. Gradually add club soda, stirring with a whisk until smooth.
- Dip beans, 1 at a time, in batter, coating completely.
- Add to hot oil in a single layer. (Do not crowd pan.) Fry, in batches, 1 minute or until golden, turning once. (Maintain temperature of oil at 375.)
- Drain beans on a paper towelled jelly-roll pan.
- Place pan in oven, and keep warm at 200 until ready to serve.
- Sprinkle beans evenly with salt just before serving.
- Serve with Mild Cayenne Sour Cream.

Nutrition Facts

PROTEIN 3.67% FAT 67.95% CARBS 28.38%

Properties

Glycemic Index:20.13, Glycemic Load:9.95, Inflammation Score:-6, Nutrition Score:6.727826140497%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 370.22kcal (18.51%), Fat: 28.67g (44.1%), Saturated Fat: 5.19g (32.46%), Carbohydrates: 26.93g (8.98%), Net Carbohydrates: 24.13g (8.77%), Sugar: 1.9g (2.12%), Cholesterol: 16.95mg (5.65%), Sodium: 296.02mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Vitamin E: 4.34mg (28.94%), Vitamin K: 29.25µg (27.85%), Manganese: 0.3mg (14.93%), Vitamin A: 663.07IU (13.26%), Fiber: 2.8g (11.2%), Vitamin B6: 0.13mg (6.68%), Iron: 0.99mg (5.5%), Selenium: 3.33µg (4.76%), Vitamin C: 3.55mg (4.31%), Vitamin B2: 0.07mg (3.99%), Magnesium: 15.82mg (3.95%), Phosphorus: 38.6mg (3.86%), Vitamin B3: 0.73mg (3.64%), Calcium: 34.97mg (3.5%), Vitamin B1: 0.05mg (3.5%), Potassium: 101.36mg (2.9%), Folate: 10.93µg (2.73%), Vitamin B5: 0.26mg (2.61%), Copper: 0.05mg (2.59%), Zinc: 0.31mg (2.04%), Vitamin D: 0.24µg (1.6%)