

Tempura Shrimp

 Dairy Free

READY IN



135 min.

SERVINGS



3

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup all-natural apricot nectar
- 0.3 cup brown sugar packed
- 2 teaspoons cornstarch
- 1 eggs beaten
- 1 tablespoon catsup
- 3 tablespoons red wine vinegar
- 0.8 pound shrimp deveined peeled
- 32 vanilla wafers crushed

- 2 cups vegetable oil
- 0.8 cup water

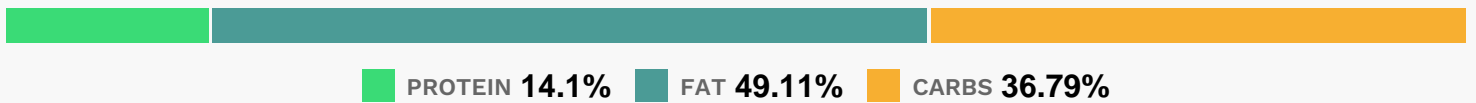
Equipment

- bowl
- sauce pan
- pot
- deep fryer

Directions

- In a small bowl mix vanilla wafers, egg, and water until well blended. Refrigerate 1 to 2 hours.
- To make dipping sauce: In a small sauce pan blend nectar into cornstarch. Stir in brown sugar, vinegar and catsup.
- Heat mixture over a medium heat, stirring constantly until mixture thickens and comes to a boil. Set aside.
- In a stockpot or deep fryer heat 2 cups oil to 375 degrees F (175 degrees C). Dip shrimp in vanilla wafer batter and fry 4 to 6 shrimp at a time until golden brown.
- Drain well.
- Serve hot with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:35.33, Inflammation Score:-5, Nutrition Score:12.071739103483%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 768.26kcal (38.41%), Fat: 42.31g (65.09%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 71.29g (23.76%), Net Carbohydrates: 70.34g (25.58%), Sugar: 42.7g (47.44%), Cholesterol: 237.77mg (79.26%), Sodium: 470.04mg

(20.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.66%), Vitamin K: 53.98µg (51.41%), Phosphorus: 303.39mg (30.34%), Copper: 0.48mg (24.19%), Vitamin B1: 0.29mg (19.46%), Vitamin E: 2.72mg (18.13%), Folate: 64.13µg (16.03%), Vitamin B2: 0.23mg (13.34%), Potassium: 436.38mg (12.47%), Zinc: 1.74mg (11.62%), Magnesium: 46.38mg (11.59%), Vitamin C: 8.56mg (10.38%), Calcium: 102.52mg (10.25%), Vitamin A: 471.87IU (9.44%), Vitamin B3: 1.81mg (9.04%), Selenium: 4.8µg (6.85%), Iron: 1.1mg (6.12%), Fiber: 0.95g (3.8%), Manganese: 0.07mg (3.74%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.05mg (2.53%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)