



Tempura Shrimp and Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons double-acting baking powder
- 0.5 cup daikon radish finely grated (from)
- 2 cups flour all-purpose
- 2 teaspoons ginger fresh finely grated (from)
- 0.8 pound mushroom caps fresh stemmed
- 10 green beans trimmed
- 0.5 cup soy sauce light
- 2 ounce lotus root fresh peeled cut into 1/4-inch-thick slices ()

- 0.3 cup rice wine sweet (Japanese rice wine)
- 6 cups vegetable oil; peanut oil preferred for frying
- 4 servings salt and pepper
- 2 tablespoons sesame oil
- 10 shiso leaves fresh
- 12 large shells deveined peeled
- 1 large onion white peeled cut into 1/ rings

Equipment

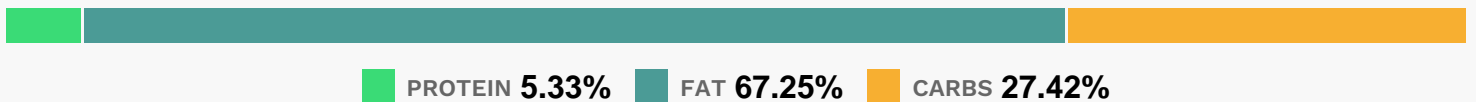
- bowl
- paper towels
- sauce pan
- whisk
- mixing bowl
- pot
- kitchen thermometer
- slotted spoon
- tongs
- cutting board
- chopsticks

Directions

- Make dipping sauce
- In small saucepan over moderate heat, stir together all ingredients. Bring to simmer, then remove from heat and keep warm. (DO AHEAD: Sauce can be made ahead, refrigerated in covered container up to 2 days, and rewarmed over moderate heat before serving.)
- Make tempura
- Bring medium pot water to boil over high heat. Have large bowl ice water ready.

- Add green beans to boiling water and blanch just until crisp-tender, about 30 seconds. Using slotted spoon, immediately transfer to ice water to stop cooking, then drain well and dry on paper towels.
- Make several shallow cuts across inside curve of each shrimp and gently press shrimp flat on cutting board (to help prevent curling during cooking).
- Sprinkle shrimp with salt and pepper.
- In large saucepan over moderate heat, heat 4 inches of oil until thermometer registers 325°F.
- In large mixing bowl, whisk together flour, baking powder, and sesame oil. Gradually and gently whisk in 2 1/2 cups ice water, mixing just until dry ingredients are moistened. (Batter will be very lumpy.)
- Working in batches, using tongs or chopsticks dip shrimp and vegetables into batter and fry, turning occasionally, until golden, about 1 1/2 minutes for green beans, 2 minutes for shrimp and other vegetables.
- Transfer to paper towels to drain. Return oil to 325°F between batches and, using spider or slotted spoon, remove any residual bits of batter from oil before adding next batch.
- To fry shiso leaves, gently lay each leaf on top of batter to coat 1 side, then drop, batter-side-down, into oil and fry without turning until underside is golden, about 1 minute.
- Transfer to paper towels to drain.
- Serve tempura immediately with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:39.1, Inflammation Score:-8, Nutrition Score:24.131739269132%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 975.31kcal (48.77%), Fat: 73.01g (112.32%), Saturated Fat: 12.09g (75.54%), Carbohydrates: 67g (22.33%), Net Carbohydrates: 60.89g (22.14%), Sugar: 5.18g (5.76%), Cholesterol: 0mg (0%), Sodium: 2311.28mg (100.49%), Alcohol: 2.41g (100%), Alcohol %: 0.5% (100%), Protein: 13.01g (26.03%), Vitamin E: 10.38mg (69.19%), Manganese: 0.92mg (45.9%), Vitamin B3: 8.42mg (42.11%), Selenium: 28.86µg (41.23%), Vitamin B1: 0.58mg (38.5%), Folate: 148.87µg (37.22%), Vitamin B2: 0.6mg (35.18%), Phosphorus: 339.57mg (33.96%), Calcium: 306.96mg (30.7%), Iron: 4.96mg (27.55%), Fiber: 6.11g (24.42%), Vitamin B6: 0.45mg (22.41%), Vitamin B5: 1.82mg (18.24%), Potassium: 597.92mg (17.08%), Copper: 0.34mg (17%), Vitamin C: 13.93mg (16.88%), Magnesium: 59.27mg (14.82%), Zinc: 1.67mg (11.12%), Vitamin K: 7.7µg (7.34%), Vitamin D: 0.34µg (2.27%), Vitamin A: 95.63IU (1.91%)