



Tempura Shrimp Salad

 Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 batches mexi-coleslaw mix
- ☐ 0.8 cup beer light cold
- ☐ 1 pound shrimp raw unpeeled ()
- ☐ 2 teaspoons fajita seasoning mix
- ☐ 6 servings toppings: tomatoes fresh diced chopped
- ☐ 6 servings vegetable oil
- ☐ 1 cup tempura batter mix

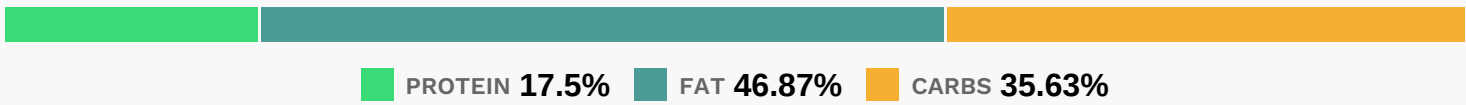
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Peel shrimp; devein, if desired.
- ☐ Whisk together tempura batter mix, beer, and fajita seasoning in a large bowl; let stand 5 minutes.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat to 32
- ☐ Dip shrimp in tempura batter, shaking off excess. Fry shrimp, in batches, 1 to 2 minutes on each side or until golden; drain on a wire rack over paper towels.
- ☐ Place Mexi-Coleslaw
- ☐ Mix in a serving bowl; top with shrimp.
- ☐ Serve with desired toppings.
- ☐ Note: We tested with McCormick Golden Dipt Tempura Seafood Batter
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:15.052608800971%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 296.16kcal (14.81%), Fat: 15.19g (23.38%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 23.12g (8.41%), Sugar: 4.84g (5.38%), Cholesterol: 95.25mg (31.75%), Sodium: 488.54mg (21.24%), Alcohol: 0.91g (100%), Alcohol %: 0.36% (100%), Protein: 12.76g (25.52%), Vitamin K: 50.66µg (48.25%), Vitamin A: 1663.75IU (33.28%), Selenium: 22.57µg (32.24%), Vitamin C: 24.82mg (30.08%), Phosphorus: 233.72mg (23.37%), Vitamin E: 3.42mg (22.77%), Manganese: 0.31mg (15.57%), Potassium: 539.49mg (15.41%), Vitamin B6: 0.29mg (14.67%), Vitamin B12: 0.85µg (14.08%), Vitamin B3: 2.61mg (13.03%), Copper: 0.26mg (12.8%), Folate: 47.17µg (11.79%), Fiber: 2.87g (11.47%), Magnesium: 42.38mg (10.6%), Calcium: 86.37mg (8.64%), Zinc: 1.09mg (7.25%), Iron: 1.26mg (7.01%), Vitamin B1: 0.09mg (5.75%), Vitamin B5: 0.42mg (4.19%), Vitamin B2: 0.06mg (3.46%)