



Tempura Shrimp Tacos

 Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings mexi-coleslaw mix
- ☐ 12 6-inch fajita-size flour tortillas warmed ()
- ☐ 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

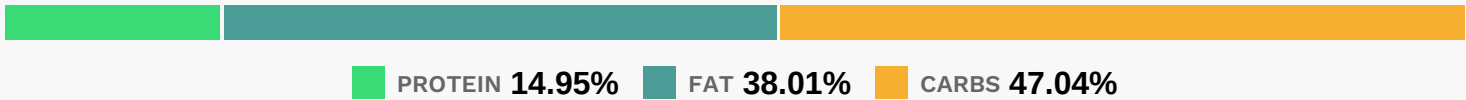
Equipment

- ☐ 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.
- ☐ Serve in warm tortillas with Mexi-Coleslaw
- ☐ Mix and desired toppings.
- ☐ Note: We tested with McCormick Golden Dipt Tempura Seafood Batter
- ☐ Mix.
- ☐ Tempura Shrimp Salad: Omit tortillas. Prepare 2 batches of Mexi-Coleslaw
- ☐ Mix as directed. Proceed with Tempura Shrimp Tacos recipe as directed through Step
- ☐ Place Mexi-Coleslaw
- ☐ Mix in a serving bowl; top with shrimp.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:11.24, Inflammation Score:-9, Nutrition Score:21.651304348655%

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: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 479.93kcal (24%), Fat: 19.99g (30.75%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 55.67g (18.56%), Net Carbohydrates: 50.69g (18.43%), Sugar: 7.09g (7.87%), Cholesterol: 95.25mg (31.75%), Sodium: 930.26mg (40.45%), Alcohol: 0.91g (100%), Alcohol %: 0.3% (100%), Protein: 17.69g (35.38%), Vitamin K: 55.49µg (52.84%), Selenium: 35.95µg (51.36%), Phosphorus: 357.49mg (35.75%), Vitamin A: 1664.4IU (33.29%), Manganese: 0.61mg (30.44%), Vitamin C: 25.06mg (30.38%), Vitamin B3: 5.26mg (26.3%), Folate: 103.86µg (25.96%), Vitamin B1: 0.39mg (25.9%), Vitamin E: 3.42mg (22.78%), Fiber: 4.98g (19.93%), Iron: 3.44mg (19.13%), Potassium: 615.62mg (17.59%), Calcium: 174.24mg (17.42%), Vitamin B6: 0.33mg (16.48%), Copper: 0.32mg (15.93%), Vitamin B12: 0.85µg (14.08%), Magnesium: 55.66mg (13.92%), Vitamin B2: 0.23mg (13.43%), Zinc: 1.41mg (9.38%), Vitamin B5: 0.52mg (5.19%)