



Tempura Vegetables with Soy Sauce

 Vegetarian  Vegan  Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup club soda chilled
- ☐ 0.3 cup cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 1 handful green beans trimmed
- ☐ 1 bell pepper red cut into large chunks
- ☐ 1 teaspoon salt
- ☐ 0.5 cup soya sauce for dipping
- ☐ 6 servings vegetable oil

☐

1 medium zucchini sliced

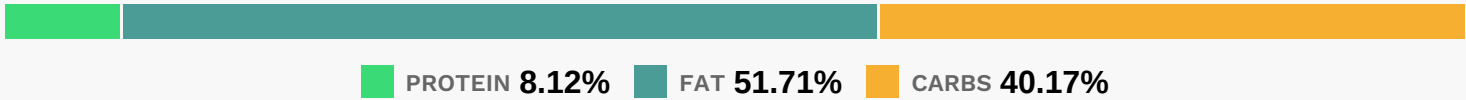
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ wok

Directions

- ☐ Sift first 3 ingredients over a large mixing bowl.
- ☐ Add 1/2 cup of chilled club soda and mix with chop sticks or fork.
- ☐ Add the rest of the club soda and mix. Be careful not to over mix. The lumps give the tempura batter its unique texture. Over moderately high heat fill a deep pan or wok with about 3 inches of vegetable oil.
- ☐ Add vegetables sparingly to the batter making sure they are covered.
- ☐ Place vegetables 1 at a time in the oil and fry until batter has turned golden brown about 1 minute. Repeat until all vegetables have been cooked.
- ☐ Serve with soy sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:12.32, Inflammation Score:-7, Nutrition Score:10.606086948644%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 247.39kcal (12.37%), Fat: 14.43g (22.2%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 23.26g (8.46%), Sugar: 2.58g (2.86%), Cholesterol: 0mg (0%), Sodium: 1481.12mg (64.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.19%), Vitamin C: 33.27mg (40.32%), Vitamin K:

35.35µg (33.67%), Manganese: 0.36mg (17.94%), Vitamin A: 801.31IU (16.03%), Folate: 64.07µg (16.02%), Vitamin B1: 0.21mg (14.27%), Vitamin B3: 2.46mg (12.29%), Vitamin B2: 0.2mg (11.6%), Selenium: 7.55µg (10.79%), Vitamin E: 1.58mg (10.52%), Iron: 1.84mg (10.22%), Vitamin B6: 0.18mg (9.11%), Fiber: 1.96g (7.83%), Phosphorus: 72.23mg (7.22%), Potassium: 226.58mg (6.47%), Magnesium: 25.31mg (6.33%), Copper: 0.09mg (4.68%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.47mg (3.11%), Calcium: 22.09mg (2.21%)