



Wasabi Tempura Shrimp

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon double-acting baking powder
- 1 tablespoon cornstarch
- 1 large eggs
- 1 cup flour all-purpose
- 1 juice of lemon juiced
- 0.5 cup mayo
- 1 teaspoon rice wine vinegar
- 1 teaspoon salt

- 1 pound count shrimp deveined peeled
- 0.5 cup soda water
- 8 cups vegetable oil
- 3 tablespoons powdered mix made to instructions prepared
- 3 tablespoons powdered mix made to instructions prepared

Equipment

- bowl
- whisk
- mixing bowl

Directions

- For the tempura: To begin, preheat the oil to 375 degrees F, and then begin the batter. In mixing bowl, mix the flour, baking powder, cornstarch and salt together, blending well. Next, add the egg and again mix. Then stir in the soda water and vinegar, and mix for final time. Keep cold until use and stir again before each use.
- For the sauce: In a bowl, blend the mayo and wasabi, whisking together well to form a smooth sauce. Hold cold until dressing the cooked shrimp.
- For the shrimp: Slice the shrimp from head to tail, forming 2 even pieces; this will yield 46 total pieces. Next, dip and evenly coat 12 shrimp at a time with the tempura batter, and then place in the hot oil. Cook until fluffy and golden brown, 2 to 3 minutes.
- Remove and repeat the process with the remaining shrimp.
- Once all the shrimp are cooked, toss them with the prepared sauce.
- Remove from the sauce without excess, and finish with lemon juice.
- Serve.

Nutrition Facts



PROTEIN 9.2% FAT 81.8% CARBS 9%

Properties

Glycemic Index:66.75, Glycemic Load:18.09, Inflammation Score:-7, Nutrition Score:17.587391169175%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1200.35kcal (60.02%), Fat: 110.24g (169.59%), Saturated Fat: 17.13g (107.08%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 26.38g (9.59%), Sugar: 0.48g (0.53%), Cholesterol: 240.83mg (80.28%), Sodium: 1236.98mg (53.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.79%), Vitamin K: 206.13µg (196.32%), Vitamin E: 8.21mg (54.75%), Phosphorus: 373.69mg (37.37%), Calcium: 265.19mg (26.52%), Copper: 0.51mg (25.38%), Selenium: 15.15µg (21.65%), Vitamin B1: 0.25mg (16.99%), Folate: 65.96µg (16.49%), Iron: 2.69mg (14.94%), Zinc: 1.98mg (13.19%), Manganese: 0.26mg (13.04%), Vitamin B2: 0.22mg (12.82%), Magnesium: 49.99mg (12.5%), Potassium: 364.78mg (10.42%), Vitamin B3: 1.86mg (9.31%), Vitamin B5: 0.39mg (3.86%), Fiber: 0.89g (3.56%), Vitamin C: 2.9mg (3.52%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.31µg (2.04%), Vitamin B6: 0.04mg (2.03%), Vitamin A: 86.15IU (1.72%)