

Tempura

Yield: 3 min
Total Time: 16 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-prawns-nigella-lawson-recipe>

Ingredients:

- 1 cup flour
- 1 tablespoon cornstarch
- 1 1/2 cups cold water
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3 tablespoons dashi
- 1 tablespoon mirin
- 1 tablespoon shoyu
- 12 prawns shelled and deveined
- 2 sweet potatoes sliced
- oil for deep frying

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 25 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 960 milligrams
9. Sugar: 4 grams

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