

Japanese Kakiage Tempura

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-sweet-potato-recipe-vegan>

Ingredients:

- 1 onion
- 1/2 carrot
- 1/4 sweet potato
- 3 shiso leaves
- 5 tablespoons plain flour
- 1/2 teaspoon salt
- 6 3/4 tablespoons water
- 3 3/8 tablespoons oil for deep frying *1

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 12 grams
3. Fat: 12 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 310 milligrams
8. Sugar: 2 grams

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