

LC-Tempura Batter Mix[®]



**Low Carb
Diabetic
Friendly**

Nutrition Facts

Serving Size 1 Tbsp (6.4g)
(approx 5 tempura coated pieces)
Servings per container 40
Amount Per Serving
Calories 31
Calories from Fat 9

				%Daily Value*
Total Fat 1g	2%	Total Carbohydrate 2.5g	1%	
Saturated Fat 0g	0%	Dietary Fiber 2g	8%	
Trans Fat 0g		Sugars 0g	0%	
Cholesterol 0g	0%	Protein 3g	6%	
Sodium 133mg	6%	Net Carbs .5g		

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, baking soda, baking powder, salt, organic stevia rebaudiana leaf, natural luo han guo monk fruit.

Allergen Warning: Processed in a facility that uses wheat gluten and nuts



Net Wt. 9 oz. (256g) Approx. 2½ cups

Manufactured by LC Foods[™]
Company, Raleigh NC 27604

Tempura Mix Coats Over 200 Pieces of Food



Prepare onions, green beans, snow peas, eggplant, peppers, carrots, asparagus, zucchini, broccoli, mushrooms, squash, cauliflower, fish, chicken, shrimp, scallops. After washing, cut into desired sizes and dry pieces very thoroughly. Place on an uncovered tray in the refrigerator for 30 minutes or until ready to fry. Toss or shake very lightly in a little dry LC-Tempura mix. Line draining plates with newspaper and top with paper towels.

Batter for 50 pieces: In a medium bowl place 1/3 cup plus 2 Tbsp of ice cold water and 1 beaten egg and mix. Add ½ cup + 2 Tbsp LC-Tempura Batter Mix and whisk together. Refrigerate batter for 10 minutes. For additional flavor add garlic powder, parsley or paprika to your taste.

Frying: Use a heavy pan (like cast iron) if possible. Add 1" of canola, corn, sunflower or peanut oil. Heat oil to approx. 360°F. Oil is the perfect temp. when a batter droplet goes to the bottom and then shoots up to the surface floating to sizzle. Overheated oil will brown too quickly. lowheated oil will cause soggy/greasy tempura. Do not add too many pieces at a time. Flip pieces only once and fry until golden brown. Don't stack pieces on top of each other when draining. Serve hot for maximum crispiness.

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