

Gluten Free SmartFRY Tempura Mix

Nutrient Analysis per 100g

Calories	352.87 kcal
Calories from Fat	16.96kcal
Calories from Sat Fat	3.25kcal
Saturated Fat	0.36g
Poly Fat	0.82g
Mono Fat	0.59g
Cholesterol	0.75mg
Carbohydrates	73.08g
Dietary Fiber	1.60g
Soluble Fiber	0g
Total Sugars	0g
Protein	10.90g
Vitamin A	43.87IU
Vitamin C	0.40mg
Vitamin D	0mcg
Vitamin E-Alpha Toco	0.01mg
Vitamin B1	0.20mg
Vitamin B2	0.04mg
Vitamin B6	0mg
Vitamin B12	0.01mcg
Phosphorus	14.96mg
Potassium	33.86mg
Magnesium	3.24mg
Calcium	13.83mg
Zinc	0.05mg
Sodium	1511.65 mg
Iodine	0mcg
Retinol RE(RE)	0
Beta-Carotene	0mcg
Iron	2.30mg

Ingredient Composition: SmartFRY Sorghum Flour, Tapioca Starch, Salt, Egg Whites

Allergen information: Egg

Packaging: Product available in 5 lb. or 25 lb. food grade polyethylene bag.

Shelf Life & Storage: 12 months from date of production in a dry and closed container/bag. Product can be stored adequately at an ambient temperature of 72°F (22-24°C).

Instruction for use: Place seltzer or club soda into the freezer to chill while preparing breading mixture.

Cut intended food (vegetables or meat) into bite size pieces. Pat dry and plan to cook in small batches.

Pour oil at least 2 inches deep into electric deep fryer. Pre-heat frying oil to 360°F

Measure out 1 cup (110 g) of the Gluten-Free Tempura dry blend into a mixing bowl. If you want to add additional flavor to the Tempura Blend, add about 12g dry seasoning of choice now.

Add 2/3 cup -1 cup ice cold club soda to the dry blend. Add enough liquid to give you the consistency you desire. Don't overmix. The cold club soda makes for a crispier fried texture. Keep batter cold by setting into a larger bowl filled with ice cubes to keep batter cold while using for best results. Drop 4 to 5 pieces of dipped items into the hot oil. Deep fry 2-4 minutes until cooked and golden brown, turning over once. Remove, drain on paper towels.