

# Gluten Free Baked Tempura Vegetables with Soy Ginger Dipping Sauce

Prep Time	Cook Time	Total Time
25 mins	15 mins	40 mins

Course: Appetizer    Cuisine: Japanese    Servings: 6 people  
Calories: 330kcal    Author: Carol Kicinski



4.67 from 3 votes

## Ingredients

- Baked Tempura Vegetables
- Gluten free nonstick cooking spray
- 1 (12.5 ounce) box [Kinnikinnick gluten free panko style crumbs](#)
- 1 teaspoon garlic powder
- 1 ½ teaspoons kosher or fine sea salt use divided
- 4 large eggs
- 1 teaspoon gluten free soy sauce
- 1 cup gluten free flour or rice, corn, or sweet rice flour
- 1 medium sweet potato peeled and either thinly sliced or cut into ½-inch thick sticks
- 4 small purple red, gold, or white potatoes, sliced about 1/8-inch thick
- ½ red onion sliced ¼-inch thick then separated into rings
- 6 ounces green beans ends trimmed
- 1 ½ cups broccoli florets
- Vegetable oil about ¼ cup, more or less - optional

## Soy Ginger Dipping Sauce

- 6 tablespoons gluten free soy sauce
- 1 tablespoon honey
- ½ teaspoon sesame oil
- 2 teaspoons fresh ginger peeled and finely grated

## Instructions

### Baked Tempura Vegetables

1. Preheat oven to 450 degrees. Spray 2 baking sheets liberally with cooking spray.
2. Combine the panko crumbs with the garlic powder and 1 teaspoon salt and place in a shallow bowl or on a plate.
3. Whisk the eggs with soy sauce and place in a shallow bowl.
4. Combine the flour with ½ teaspoon of salt and place in a shallow bowl on on a plate.
5. Dredge the vegetables in the flour, then dip into the egg, turning to coat, and finally into the bread crumb mixture, coating well. Place on prepared baking sheets.

6. If desired, brush the vegetables with some oil. Bake for 10 – 15 minutes or until browned and the vegetables are tender. Serve warm with the dipping sauce.

### **Soy Ginger Dipping Sauce**

1. Combine all ingredients and mix well. Serve in a small bowl alongside the vegetables.

### **Nutrition**

Calories: 330kcal | Carbohydrates: 61g | Protein: 13g | Fat: 4g | Saturated Fat: 1g | Cholesterol: 109mg  
| Sodium: 1953mg | Potassium: 889mg | Fiber: 9g | Sugar: 6g | Vitamin A: 3635IU | Vitamin C: 41.2mg |  
Calcium: 172mg | Iron: 7.1mg

*Gluten Free Baked Tempura Vegetables with Soy Ginger Dipping Sauce <https://simplygluten-free.com/blog/2015/11/gluten-free-baked-tempura-vegetables-with-soy-ginger-dipping-sauce.html>*