



WHATSheATE



## Amalfi Calamari Pasta

READY IN



45 min.

SERVINGS



6

CALORIES



796 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1.3 cups all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter unsalted diced ()
- ☐ 2 cups canola oil
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 teaspoon coarse kosher salt
- ☐ 0.3 cup cornstarch
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 servings lemon wedges

- ☐ 2 cups olive oil
- ☐ 0.5 cup parsley fresh italian divided chopped
- ☐ 1 pound pasta like spaghetti
- ☐ 1 pound squid rings cleaned (bodies only)

## Equipment

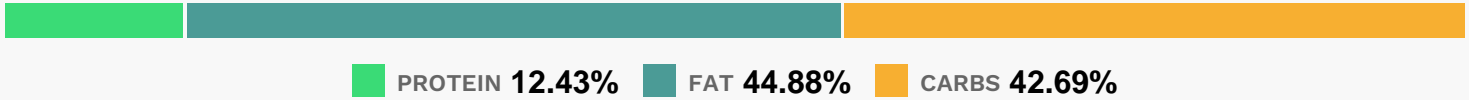
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon

## Directions

- ☐ Line rimmed baking sheet with several layers of paper towels.
- ☐ Whisk flour, cornstarch, 1 teaspoon coarse salt, baking powder, and cayenne pepper in medium bowl to blend. Working in batches, toss squid rings in flour mixture to coat, then place rings in single layer on sheet of foil.
- ☐ Pour both oils into large skillet; lean deep-fry thermometer on side of skillet, submerging bulb in oil.
- ☐ Heat oil over medium-high heat until thermometer registers 350° to 360°. Working in several batches, add squid rings to hot oil and cook until light golden and crisp around edges, 2 to 3 minutes per batch. Using slotted spoon, transfer squid to paper-towel-lined baking sheet to drain.
- ☐ Meanwhile, cook pasta in large pot of boiling salted water, stirring occasionally, until just tender but still firm to bite.
- ☐ Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot.

- ☐
- Add butter and 3 tablespoons lemon juice and toss to coat pasta.
- ☐
- Add 3/4 cup pasta cooking liquid and toss.
- ☐
- Mix in 1/3 cup parsley. Season to taste with coarse salt and freshly ground pepper, adding more lemon juice and pasta cooking liquid, if desired.
- ☐
- Transfer pasta to large bowl; top with calamari.
- ☐
- Sprinkle with remaining parsley.
- ☐
- Serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:37.23, Inflammation Score:-7, Nutrition Score:28.043478268644%

## Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg, Apigenin: 10.84mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 796.44kcal (39.82%), Fat: 39.52g (60.8%), Saturated Fat: 8.48g (52.99%), Carbohydrates: 84.59g (28.2%), Net Carbohydrates: 81.18g (29.52%), Sugar: 2.36g (2.62%), Cholesterol: 196.48mg (65.49%), Sodium: 465.96mg (20.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.26%), Selenium: 90.74µg (129.63%), Vitamin K: 102.2µg (97.33%), Copper: 1.7mg (84.93%), Manganese: 0.91mg (45.62%), Vitamin E: 5.99mg (39.92%), Phosphorus: 352.25mg (35.23%), Vitamin B2: 0.5mg (29.16%), Vitamin B3: 4.56mg (22.78%), Vitamin B1: 0.29mg (19.66%), Folate: 74.63µg (18.66%), Magnesium: 74.35mg (18.59%), Iron: 3.18mg (17.67%), Vitamin B12: 1µg (16.65%), Vitamin C: 13.7mg (16.61%), Zinc: 2.48mg (16.52%), Vitamin A: 717.86IU (14.36%), Fiber: 3.41g (13.64%), Potassium: 423.63mg (12.1%), Vitamin B6: 0.17mg (8.61%), Vitamin B5: 0.86mg (8.6%), Calcium: 74.05mg (7.41%)