



Beer-Battered Calamari with Garlic-Lemon Mayonnaise

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



780 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb squid rings fresh
- ☐ 2 cloves garlic chopped
- ☐ 0.5 teaspoon juice of lime
- ☐ 0.5 teaspoon salt
- ☐ 1 serving pepper black freshly ground to taste
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon olive oil

- ☐ 1.5 teaspoons salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 1 serving pepper black freshly ground to taste
- ☐ 1 cup beer cold
- ☐ 1 serving vegetable oil for deep frying
- ☐ 1 cup mayonnaise
- ☐ 1 clove garlic peeled
- ☐ 0.5 juice of lemon
- ☐ 1 serving salt and pepper black to taste
- ☐ 2 tablespoons basil fresh chopped

Equipment

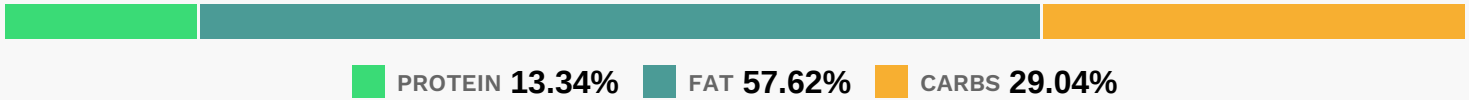
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ deep fryer

Directions

- ☐ Thoroughly rinse squid; pat dry.
- ☐ Cut into 1/4-inch rings; place in medium bowl.
- ☐ Add 2 chopped garlic cloves, the lime juice, 1/2 teaspoon salt and black pepper to taste; stir to coat. Cover; refrigerate at least 30 minutes to marinate.
- ☐ Meanwhile, in deep bowl, mix 1 cup of the flour, the olive oil, 1 1/2 teaspoons salt, the red pepper and black pepper to taste. Slowly add beer, stirring gently until batter is smooth. Cover; refrigerate 30 minutes.
- ☐ In food processor, place mayonnaise, 1 garlic clove and the lemon juice. Cover; process until garlic is chopped and mixture is blended.
- ☐ Transfer to small bowl; season with salt and black pepper. Stir in basil. Cover; refrigerate until serving time.

- ☐
- In deep fryer or heavy saucepan, heat 2 inches vegetable oil to 375°F. In shallow bowl, place remaining 1 cup flour. Dip squid rings in flour, shaking off excess, then coat completely with beer batter. Fry squid in batches in hot oil until deep golden brown, about 2 minutes.
- ☐
- Drain on paper towels.
- ☐
- Serve calamari hot with Garlic-Lemon Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:97.88, Glycemic Load:35.75, Inflammation Score:-6, Nutrition Score:28.777825967125%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 780.21kcal (39.01%), Fat: 48.32g (74.33%), Saturated Fat: 7.65g (47.83%), Carbohydrates: 54.79g (18.26%), Net Carbohydrates: 52.97g (19.26%), Sugar: 0.63g (0.7%), Cholesterol: 287.74mg (95.91%), Sodium: 1620.88mg (70.47%), Alcohol: 2.3g (100%), Alcohol %: 0.94% (100%), Protein: 25.17g (50.33%), Copper: 2.26mg (113.01%), Selenium: 73.98µg (105.68%), Vitamin K: 99.24µg (94.51%), Vitamin B2: 0.81mg (47.44%), Vitamin B1: 0.53mg (35.21%), Phosphorus: 342.96mg (34.3%), Vitamin B3: 6.51mg (32.53%), Folate: 128.09µg (32.02%), Manganese: 0.54mg (26.81%), Vitamin B12: 1.55µg (25.89%), Vitamin E: 3.85mg (25.67%), Iron: 3.92mg (21.77%), Zinc: 2.31mg (15.37%), Magnesium: 57.06mg (14.26%), Potassium: 393mg (11.23%), Vitamin B5: 0.98mg (9.83%), Vitamin C: 7.95mg (9.63%), Vitamin B6: 0.16mg (7.86%), Fiber: 1.81g (7.24%), Calcium: 59.85mg (5.98%), Vitamin A: 179.6IU (3.59%)