



Calamari

 Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 optional: lemon for garnish cut into wedges,
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 12 squid rings cleaned sliced into rings
- ☐ 3 cups vegetable oil

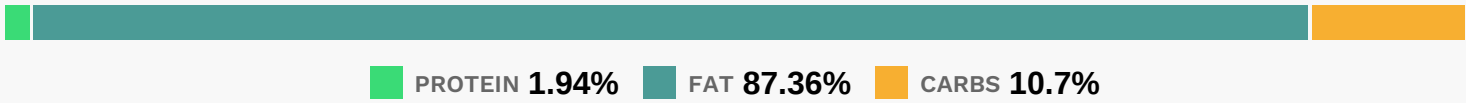
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Preheat oil in a heavy, deep frying pan or pot. Oil should be heated to 365 degrees F (180 degrees C).
- ☐ In a medium size mixing bowl mix together flour, salt, oregano and black pepper. Dredge squid through flour and spice mixture.
- ☐ Place squid in oil for 2 to 3 minutes or until light brown. Beware of overcooking, squid will be tough if overcooked. Dry squid on paper towels.
- ☐ Serve with wedges of lemon.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:1.92, Inflammation Score:-3, Nutrition Score:2.6178261067556%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 132.02kcal (6.6%), Fat: 13.17g (20.26%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.13g (1.14%), Sugar: 0.29g (0.32%), Cholesterol: 2.8mg (0.93%), Sodium: 233.42mg (10.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.66g (1.31%), Vitamin K: 25.47µg (24.26%), Vitamin E: 1.14mg (7.6%), Vitamin C: 5.78mg (7.01%), Manganese: 0.05mg (2.42%), Selenium: 1.65µg (2.36%), Fiber: 0.5g (1.99%), Vitamin B1: 0.03mg (1.97%), Folate: 7.46µg (1.86%), Iron: 0.31mg (1.7%), Copper: 0.03mg (1.7%), Vitamin B2: 0.02mg (1.4%), Vitamin B3: 0.23mg (1.16%)