



HEALTH SCORE

100%

## Calamari



Very Healthy

READY IN



157 min.

SERVINGS



4

CALORIES



887 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 large bell pepper cut brunoise red julienne then crosswire into
- ☐ 1 large bell pepper cut brunoise yellow juliennes then crosswire into
- ☐ 1 cup buttermilk
- ☐ 1 liter enough to deep-fry calamari
- ☐ 2 pounds calamari cleaned sliced
- ☐ 0.8 cup cornstarch
- ☐ 1.5 cups flour all-purpose

- ☐ 1 ounce ginger fresh diced peeled finely a 1 to
- ☐ 1 optional: lemon fresh seeds removed halved
- ☐ 1 lime fresh seeds removed halved
- ☐ 0.5 cup oil sun-dried tomatoes packed drained sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 to 5 scallions white green sliced
- ☐ 8 ounces seltzer cold
- ☐ 1 tablespoon wasabi prepared

## Equipment

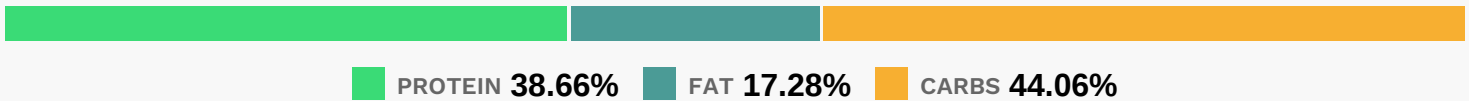
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ whisk
- ☐ sieve
- ☐ colander

## Directions

- ☐ Toss calamari with buttermilk in a non-reactive bowl, cover and let marinated in the refrigerator for 2 hours.
- ☐ Make topping by heating olive oil over medium heat in a medium skillet.
- ☐ Add peppers, sun-dried tomatoes, scallions, fresh ginger, and wasabi and saute until peppers are tender and flavors integrate.
- ☐ Remove from heat and set aside.
- ☐ Drain marinated calamari through a strainer or colander.

- ☐ Heat canola oil in deep-fryer to 375 degrees F (or as deep-fryer manufacturer directs for similar foods). To make tempura, mix flour, cornstarch, baking powder, and salt and pepper in a bowl. Dredge sliced calamari in the dry mix, then set aside briefly.
- ☐ Add seltzer in a stream to the tempura mix while whisking constantly to make into a batter. Dip calamari into the batter or ladle batter over the calamari, and place into the deep-fryer basket, frying for a minute or two until golden brown.
- ☐ Drain on paper towels.
- ☐ Finish by adjusting seasoning in topping with salt and pepper.
- ☐ Serve topping over fried calamari and squeeze lemon and lime juice over.

## Nutrition Facts



## Properties

Glycemic Index:99.13, Glycemic Load:31.33, Inflammation Score:-9, Nutrition Score:56.457826075347%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg, Hesperetin: 14.74mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 887.37kcal (44.37%), Fat: 16.88g (25.98%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 96.86g (32.29%), Net Carbohydrates: 90.39g (32.87%), Sugar: 11.31g (12.56%), Cholesterol: 1117.54mg (372.51%), Sodium: 1314.97mg (57.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.98g (169.95%), Copper: 9.42mg (470.83%), Selenium: 233.64µg (333.77%), Vitamin C: 188.97mg (229.06%), Vitamin B2: 2.44mg (143.42%), Phosphorus: 1334.26mg (133.43%), Vitamin B12: 6.47µg (107.91%), Vitamin B3: 15.48mg (77.41%), Potassium: 2103.47mg (60.1%), Zinc: 8.55mg (56.98%), Magnesium: 224.63mg (56.16%), Calcium: 518.18mg (51.82%), Vitamin E: 7.61mg (50.75%), Manganese: 0.93mg (46.69%), Iron: 8.21mg (45.62%), Vitamin B1: 0.63mg (41.9%), Folate: 166.39µg (41.6%), Vitamin A: 1889.18IU (37.78%), Vitamin K: 37.61µg (35.82%), Vitamin B5: 3.43mg (34.33%), Vitamin B6: 0.61mg (30.52%), Fiber: 6.46g (25.85%), Vitamin D: 0.78µg (5.2%)