



Calamari

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 8 servings cocktail sauce
- ☐ 8 servings olive oil
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

Equipment

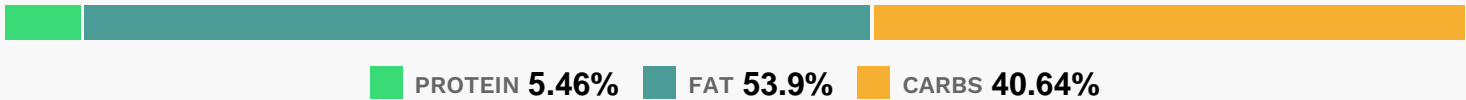
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ pot
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Cut the bodies of larger squid into 1/2-inch rings. Smaller squid should be fried whole. Make sure the squid have been rinsed and patted as dry as possible.
- ☐ Preheat the oven to 20
- ☐ Place a wire rack on a baking sheet and set it in the oven.
- ☐ Pour oil to a depth of 3 inches in a stockpot or Dutch oven, place it over medium-high heat, and heat it to 36
- ☐ Salt and pepper the squid.
- ☐ Place the flour in a shallow bowl.
- ☐ When the oil reaches 365, drop several pieces of squid into flour and toss to coat fully. Shake off excess flour, then fry in the hot oil until lightly browned, about 3 minutes. Using a wire-mesh strainer, transfer the squid to the wire rack. Continue frying, always maintaining the temperature and not crowding the pot.
- ☐ Serve immediately, with cocktail sauce for dipping, if desired.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:17.28, Inflammation Score:-2, Nutrition Score:5.3826087414409%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 239.36kcal (11.97%), Fat: 14.32g (22.02%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 23.38g (8.5%), Sugar: 0.32g (0.35%), Cholesterol: 0mg (0%), Sodium: 303.64mg (13.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Vitamin B1: 0.25mg (16.37%), Selenium: 10.61µg (15.15%), Folate: 57.23µg (14.31%), Vitamin E: 2.04mg (13.58%), Manganese: 0.25mg (12.29%), Vitamin B3: 1.85mg (9.24%), Vitamin B2: 0.15mg (9.11%), Iron: 1.56mg (8.64%), Vitamin K: 8.93µg (8.51%), Fiber: 0.91g (3.63%), Phosphorus: 34.15mg (3.41%), Copper: 0.05mg (2.43%), Magnesium: 7.31mg (1.83%), Zinc: 0.22mg (1.48%), Vitamin B5: 0.14mg (1.4%), Potassium: 36.96mg (1.06%)