



## Calamari Fritti

READY IN



38 min.

SERVINGS



6

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 servings canola oil for frying
- 1 large eggs
- 2 cups flour all-purpose
- 6 basil leaves fresh chopped
- 6 servings lemon wedges for serving
- 1 cup milk
- 2 teaspoons paprika
- 6 servings sea salt and pepper black freshly ground
- 1 pound squid rings whole cleaned

## Equipment

- food processor
- bowl
- paper towels
- pot
- slotted spoon
- pie form

## Directions

- Rinse the squid under cool water and pat dry with paper towels.
  - Cut the body of the squid into 1/2-inch rings and trim the tentacles as necessary.
  - Combine the milk, egg, and basil leaves in a bowl; mix with a fork until lightly beaten.
  - Put the prepared calamari in the milk mixture and stick it in the refrigerator while getting everything else set up; it fries better if marinated and chilled for about 15 minutes.
  - Pour about 2 inches of oil in a fryer or large, heavy pot and heat to 375 degrees F.
  - Mix the flour and paprika in a pie dish or plate; season with a fair amount of salt and pepper. Toss the calamari in the seasoned flour to coat. Fry for 1 to 3 minutes or until golden brown.
  - Drain on paper towels and salt, to taste. Using a slotted spoon, transfer the fried calamari to paper towels to drain.
  - Serve immediately with lemon wedges and dipping sauces.
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- cup mayonnaise
  - to 2 canned chipotle chile in adobo
  - garlic clove, coarsely chopped
  - /2 lemon, juiced
  - tablespoon chopped flat-leaf parsley
  - Pinch salt
- Combine all ingredients in a food processor and blend for 1 minute to combine. Set aside to allow the flavors to marry.
  - Serve as a dipping sauce with fried calamari.

# Nutrition Facts

PROTEIN 26.7% FAT 20.79% CARBS 52.51%

## Properties

Glycemic Index:42.58, Glycemic Load:23.78, Inflammation Score:-5, Nutrition Score:18.612608888875%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 284.8kcal (14.24%), Fat: 6.44g (9.91%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 35.19g (12.8%), Sugar: 2.2g (2.44%), Cholesterol: 212.02mg (70.68%), Sodium: 61.89mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.61g (37.22%), Copper: 1.5mg (75.16%), Selenium: 51.38µg (73.39%), Vitamin B2: 0.62mg (36.49%), Phosphorus: 272.28mg (27.23%), Vitamin B1: 0.37mg (24.74%), Vitamin B12: 1.28µg (21.28%), Folate: 84.67µg (21.17%), Vitamin B3: 4.23mg (21.15%), Manganese: 0.34mg (17.14%), Iron: 2.76mg (15.35%), Zinc: 1.76mg (11.71%), Vitamin E: 1.73mg (11.53%), Magnesium: 41.69mg (10.42%), Vitamin A: 486.05IU (9.72%), Potassium: 322.15mg (9.2%), Calcium: 88.07mg (8.81%), Vitamin B5: 0.86mg (8.61%), Vitamin B6: 0.12mg (5.78%), Fiber: 1.42g (5.67%), Vitamin C: 4.16mg (5.04%), Vitamin K: 4.63µg (4.41%), Vitamin D: 0.61µg (4.09%)