



Calamari with Roasted Tomato Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



990 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons pepper black freshly ground
- 16 squid rings whole cleaned cut into 1/2-inch-wide rings, tentacles left (squid)
- 2 tablespoons pepper red crushed
- 4 large eggs lightly beaten
- 4 cups flour all-purpose
- 2 cloves garlic chopped
- 4 tablespoons sea salt fine
- 1 quarts vegetable oil for frying

- 2 cups canned tomatoes whole peeled

Equipment

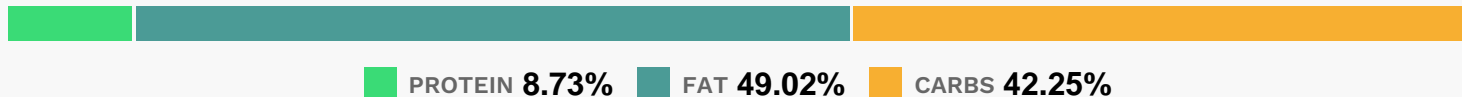
- food processor
- bowl
- baking sheet
- paper towels
- sauce pan
- whisk
- pot
- blender
- kitchen thermometer
- deep fryer

Directions

- In a small pot over moderate heat, combine the tomatoes, garlic, salt, and crushed red pepper. Bring to a boil then reduce the heat and simmer, uncovered, for about 20 minutes.
- Transfer the sauce to a blender or food processor and process until smooth. Keep warm.
- In a large bowl, whisk together the flour, salt, and pepper.
- Line a large baking sheet with paper towels. Fill a deep, heavy-bottomed medium saucepan (or deep fryer) with about 4 inches of oil, leaving at least 3 inches between the oil and the top of the saucepan.
- Heat the oil over moderately high heat until a deep-fry thermometer registers 375°F.
- While the oil is heating, in a large bowl, stir together the calamari (rings and tentacles) and eggs.
- Remove the calamari from the egg, shaking gently to remove any excess, then transfer to the bowl of seasoned flour and toss to coat.
- Remove the calamari from the flour, shaking to knock off any excess, then transfer to the paper towel-lined baking sheet.

- Working in batches, use a slotted metal spoon or spider to carefully place the calamari in the hot oil. Fry, flipping as needed, until golden brown, about 4 minutes.
- Transfer as doneto the paper towel–lined baking sheet and immediately season with salt. Continue to fry the remaining calamari, returning the oil to 375°F between batches.
- Serve the calamari with the tomato sauce and lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:69.52, Inflammation Score:-9, Nutrition Score:35.699999809265%

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 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 989.91kcal (49.5%), Fat: 54.19g (83.36%), Saturated Fat: 9.15g (57.2%), Carbohydrates: 105.07g (35.02%), Net Carbohydrates: 98.32g (35.75%), Sugar: 3.7g (4.11%), Cholesterol: 195.32mg (65.11%), Sodium: 7289.75mg (316.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.44%), Vitamin K: 100.19µg (95.42%), Selenium: 60.83µg (86.9%), Manganese: 1.45mg (72.7%), Vitamin B1: 1.07mg (71.49%), Folate: 263.73µg (65.93%), Vitamin B2: 0.97mg (57.24%), Iron: 8.94mg (49.69%), Vitamin E: 6.89mg (45.95%), Vitamin B3: 8.87mg (44.34%), Vitamin A: 1614.27IU (32.29%), Phosphorus: 284.67mg (28.47%), Fiber: 6.76g (27.03%), Copper: 0.46mg (23.21%), Vitamin B6: 0.39mg (19.33%), Potassium: 563.52mg (16.1%), Vitamin B5: 1.56mg (15.62%), Magnesium: 59.67mg (14.92%), Vitamin C: 11.84mg (14.36%), Zinc: 1.99mg (13.28%), Calcium: 118.75mg (11.88%), Vitamin B12: 0.5µg (8.28%), Vitamin D: 1µg (6.67%)