



Crispy squid with capers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 300 g squid rings cleaned
- ☐ 200 g flour plain
- ☐ 2 tbsp caper drained finely chopped
- ☐ 1 garlic clove crushed
- ☐ 5 tbsp mayonnaise
- ☐ 6 servings unrefined sunflower oil for frying
- ☐ 6 servings lemon wedges

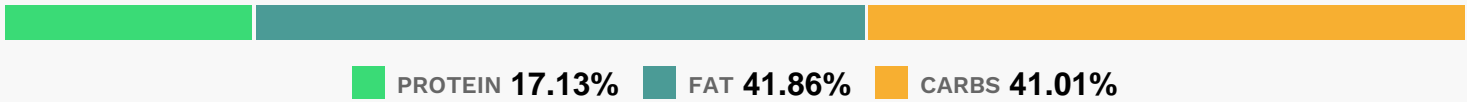
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cut the squid into rings about cm thick. Tip the flour into a freezer bag and season well.
- ☐ Add the capers, then give everything a good shake to mix together. Tip the squid into the bag, then shake again until all the rings are well coated.
- ☐ Mix together the garlic and mayonnaise, then place in a serving bowl.
- ☐ Pour some oil into a large pan until it comes about 7cm up the sides, but the pan is no more than a third full.
- ☐ Place over a medium heat and let the oil warm up. To test that the oil is ready, place a small piece of bread in the pan it should sizzle when it touches the oil.
- ☐ Remove a handful of squid from the flour and shake off any excess. Gently drop into the oil, then cook for about 3 mins until crisp.
- ☐ Remove with a slotted spoon and place on kitchen paper. Repeat with the remaining squid.
- ☐ Serve straight away with the mayonnaise and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:18.5, Inflammation Score:-3, Nutrition Score:12.611739053674%

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 Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 271.98kcal (13.6%), Fat: 12.45g (19.15%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 26.41g (9.6%), Sugar: 0.2g (0.22%), Cholesterol: 121.33mg (40.44%), Sodium: 175.17mg (7.62%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.93%), Copper: 1.01mg (50.39%), Selenium: 34.07µg (48.68%), Vitamin B2: 0.38mg (22.21%), Vitamin K: 19.71µg (18.77%), Vitamin B1: 0.27mg (18.32%), Folate: 64.86µg (16.21%), Vitamin B3: 3.08mg (15.41%), Phosphorus: 150.13mg (15.01%), Vitamin E: 2.17mg (14.5%), Manganese: 0.26mg (12.83%), Vitamin B12: 0.66µg (11.06%), Iron: 1.97mg (10.96%), Zinc: 1.03mg (6.87%), Magnesium: 25.1mg (6.27%), Potassium: 165.5mg (4.73%), Vitamin B5: 0.42mg (4.21%), Fiber: 1.03g (4.12%), Vitamin C: 3.16mg (3.83%), Vitamin B6: 0.05mg (2.56%), Calcium: 24.23mg (2.42%)