



Dinner Tonight: Fried Squid with Marinara Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



4684 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon pepper black
- ☐ 4 servings kosher salt
- ☐ 2 optional: lemon cut into wedges
- ☐ 4 servings tomatoes prepared for serving
- ☐ 2 pounds squid rings cleaned sliced into 1/8-inch rounds, tentacles cut into 1-inch segments
- ☐ 2 quarts vegetable oil

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 250°F.
- ☐ Pour buttermilk into a medium-sized bowl.
- ☐ Add the squid and mix well.
- ☐ Heat oil in 4-quart saucepan or Dutch oven to 360°F.
- ☐ Dump flour onto a large baking dish and stir in black pepper.
- ☐ Add squid and toss well.
- ☐ Transfer to wire mesh strainer and shake over bowl to remove excess flour.
- ☐ Fry the squid 1/4 at a time for no more than 1 minute, agitating with wire mesh strainer or spider.
- ☐ Drain the pieces in a paper towel-lined bowl and season immediately with salt.
- ☐ Transfer to wire rack set over rimmed baking sheet keep warm in oven while you fry remaining batches. Allow oil to return to 360°F in between batches.
- ☐ Serve immediately with lemon wedges and tomato sauce.

Nutrition Facts



 **PROTEIN 3.78%**  **FAT 90.51%**  **CARBS 5.71%**

Properties

Glycemic Index:52.13, Glycemic Load:38.02, Inflammation Score:-9, Nutrition Score:44.691738729892%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 4683.95kcal (234.2%), Fat: 478.46g (736.09%), Saturated Fat: 73.72g (460.76%), Carbohydrates: 68g (22.67%), Net Carbohydrates: 62.84g (22.85%), Sugar: 7.35g (8.16%), Cholesterol: 531.74mg (177.25%), Sodium: 908.16mg (39.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.92g (89.83%), Vitamin K: 874.7µg (833.05%), Vitamin E: 43.34mg (288.91%), Copper: 4.55mg (227.58%), Selenium: 124.88µg (178.4%), Vitamin B2: 1.39mg (81.53%), Phosphorus: 636.72mg (63.67%), Vitamin C: 47.85mg (58.01%), Vitamin B12: 3.09µg (51.44%), Vitamin B3: 9.93mg (49.67%), Vitamin B1: 0.6mg (40.11%), Folate: 144.26µg (36.07%), Manganese: 0.72mg (35.92%), Iron: 6.1mg (33.87%), Potassium: 1110.32mg (31.72%), Zinc: 4.33mg (28.87%), Magnesium: 115.15mg (28.79%), Fiber: 5.16g (20.65%), Vitamin B5: 2.01mg (20.1%), Vitamin B6: 0.33mg (16.5%), Calcium: 149.97mg (15%), Vitamin A: 669.38IU (13.39%), Vitamin D: 0.39µg (2.6%)