

# Dry Fried Calamari

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



4421 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 servings pepper black freshly ground
- 0.5 cup cornmeal plain
- 0.5 cup flour all-purpose
- 4 servings kosher salt
- 2 quarts vegetable oil; peanut oil preferred
- 1 pound squid rings

## Equipment

- frying pan

- mixing bowl
- wire rack
- dutch oven

## Directions

- Place the peanut oil in a 4 to 5-quart Dutch oven and place over medium-high heat.
- Heat oil until it reaches 375 degrees F.
- Rinse the squid thoroughly and pat dry.
- Cut the tentacles in half lengthwise and the tubes into 1/2-inch rings. Set aside.
- Place the flour and the cornmeal into a medium mixing bowl and stir to combine. In small handfuls, dredge the squid in the flour and cornmeal mixture and shake off the excess. In batches, gently lower the squid into the hot oil. Cook for 1 minute. The squid will not be browned, but lightly golden in color.
- Remove the squid and transfer to a cooling rack turned upside down set over a newspaper-lined sheet pan. Season with salt and pepper, as desired. Repeat until all of the squid is cooked. Make sure to check the temperature of the oil before each batch to ensure it is 375 degrees F.
- Serve immediately.

## Nutrition Facts

**PROTEIN 1.9%** **FAT 95.43%** **CARBS 2.67%**

## Properties

Glycemic Index:43.88, Glycemic Load:17.28, Inflammation Score:-6, Nutrition Score:22.80173900853%

## Nutrients (% of daily need)

Calories: 4420.65kcal (221.03%), Fat: 476.07g (732.41%), Saturated Fat: 80.61g (503.79%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 27.65g (10.06%), Sugar: 0.35g (0.39%), Cholesterol: 264.22mg (88.07%), Sodium: 244.81mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.27g (42.54%), Vitamin E: 75.73mg (504.89%), Copper: 2.22mg (110.77%), Selenium: 57.3µg (81.85%), Vitamin B2: 0.56mg (33.12%), Phosphorus: 312.36mg (31.24%), Vitamin B12: 1.47µg (24.57%), Vitamin B3: 3.89mg (19.43%), Zinc: 2.51mg (16.73%), Magnesium: 62.3mg (15.58%), Manganese: 0.29mg (14.35%), Vitamin B1: 0.21mg (13.67%), Iron: 2.24mg (12.46%), Potassium: 361.04mg (10.32%), Folate: 41.04µg (10.26%), Vitamin B6: 0.19mg (9.4%), Fiber: 2.32g (9.26%), Vitamin B5: 0.76mg

(7.55%), Vitamin C: 5.33mg (6.46%), Calcium: 40.39mg (4.04%), Vitamin K: 3.56µg (3.39%)