



 **39%**  
HEALTH SCORE

## El Farol Fried Calamari

READY IN



25 min.

SERVINGS



6

CALORIES



1746 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup almonds toasted
- 1.5 lbs squid rings fresh cleaned (, )
- 2 tablespoons capers (reserve 1 tablespoon pickling liquid, from the jar caper)
- 2 chilies dried
- 2 tablespoons dijon mustard
- 6 eggs beaten
- 1 cup olive oil extra virgin
- 0.3 cup parsley fresh chopped
- 10 garlic clove

- 1 juice of lemon
- 1 tablespoon kosher salt
- 1.8 cups mayonnaise
- 2 cups panko bread crumbs japanese-style
- 1 teaspoon pepper black
- 6 servings pepper black
- 2 cups rice flour
- 2 cups roasted peppers red peeled chopped
- 6 servings salt
- 2 tablespoons sherry vinegar
- 2 quarts vegetable oil for frying ()
- 0.5 onion diced white
- 3 cups milk whole

## Equipment

- food processor
- bowl
- paper towels
- oven
- blender
- grill
- broiler
- slotted spoon

## Directions

- Cut the calamari bodies into 1/4 inch rings and remove the tentacles. Put rings and tentacles in the milk and stir in the parsley. Allow to marinate for 2 to 3 hours in the refrigerator.
- Heat the oil to about 350 degrees or until a cube of bread turns golden brown in about 12 seconds when placed in hot oil.



1.09mg, Isorhamnetin: 1.09mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg  
Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.66mg, Quercetin:  
6.66mg, Quercetin: 6.66mg, Quercetin: 6.66mg

## Nutrients (% of daily need)

Calories: 1746.03kcal (87.3%), Fat: 142.94g (219.91%), Saturated Fat: 23.72g (148.28%), Carbohydrates: 77.8g  
(25.93%), Net Carbohydrates: 71.26g (25.91%), Sugar: 9.48g (10.54%), Cholesterol: 469.98mg (156.66%), Sodium:  
2847.93mg (123.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.97%), Vitamin K: 271.41µg  
(258.49%), Copper: 2.66mg (132.97%), Selenium: 84.87µg (121.24%), Vitamin E: 16.48mg (109.89%), Manganese:  
1.69mg (84.5%), Vitamin B2: 1.25mg (73.38%), Phosphorus: 703.08mg (70.31%), Vitamin B12: 2.67µg (44.55%),  
Vitamin C: 34.74mg (42.11%), Magnesium: 162.86mg (40.72%), Calcium: 363.72mg (36.37%), Vitamin B6: 0.67mg  
(33.73%), Vitamin B3: 6.61mg (33.04%), Vitamin B1: 0.47mg (31.38%), Zinc: 4.6mg (30.67%), Potassium: 930.49mg  
(26.59%), Fiber: 6.54g (26.14%), Vitamin B5: 2.57mg (25.67%), Iron: 4.61mg (25.64%), Vitamin A: 1023.31IU (20.47%),  
Folate: 78.92µg (19.73%), Vitamin D: 2.35µg (15.68%)