



Five-Spice Fried Calamari with Sesame and Lime

 Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



4754 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup sesame seed white black plus more for garnish
- 1 pound squid tubes
- 2 tablespoons cilantro leaves finely chopped
- 2 tablespoons five spice powder chinese
- 2 servings kosher salt
- 2 servings lime wedges
- 0.5 teaspoon lime zest

- 1 quart vegetable oil; peanut oil preferred
- 2 spring onion thinly sliced
- 1 cup flour all-purpose

Equipment

- paper towels
- sieve
- wok
- dutch oven
- colander

Directions

- Prepare the calamari by slicing the tubes into 1/2-inch strips and cutting the tentacles in half down the center. Rinse and drain.
- In a large plastic food storage bag, toss together the flour, Chinese five spice powder, sesame seeds, and 1/2 tablespoon kosher salt.
- Add the calamari. Seal and shake the bag until the calamari is coated in the flour mixture.
- Heat vegetable oil in a wok, Dutch oven, or cast iron chicken fryer to 370°F.
- Transfer calamari to a colander or strainer and shake over sink to remove excess flour. Using hands, carefully add half of calamari to oil, bringing it as low as possible to oil before dropping in to prevent splashing. Fry, agitating constantly with a wire mesh spider until golden brown and crisp, about 2 minutes.
- Transfer to a large paper towel-lined plate and season immediately with salt. Repeat with second batch.
- Toss fried calamari with green onion, cilantro, extra sesame seeds, and lime zest and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:121.5, Glycemic Load:35.61, Inflammation Score:-8, Nutrition Score:43.028695604076%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 4754.44kcal (237.72%), Fat: 487.37g (749.8%), Saturated Fat: 82.23g (513.91%), Carbohydrates: 63.63g (21.21%), Net Carbohydrates: 58.34g (21.22%), Sugar: 0.53g (0.59%), Cholesterol: 528.44mg (176.15%), Sodium: 300.15mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.63g (93.26%), Vitamin E: 77.17mg (514.49%), Copper: 5.22mg (260.88%), Selenium: 129.67µg (185.25%), Vitamin B2: 1.32mg (77.67%), Phosphorus: 722.36mg (72.24%), Manganese: 1.15mg (57.47%), Iron: 10.09mg (56.08%), Vitamin B12: 2.95µg (49.14%), Vitamin B3: 9.77mg (48.83%), Vitamin B1: 0.72mg (47.69%), Magnesium: 168.9mg (42.23%), Zinc: 5.83mg (38.87%), Folate: 152.65µg (38.16%), Calcium: 319.51mg (31.95%), Vitamin K: 29.59µg (28.18%), Potassium: 850.19mg (24.29%), Fiber: 5.29g (21.15%), Vitamin C: 14.93mg (18.1%), Vitamin B6: 0.36mg (17.83%), Vitamin B5: 1.49mg (14.87%), Vitamin A: 245.68IU (4.91%)