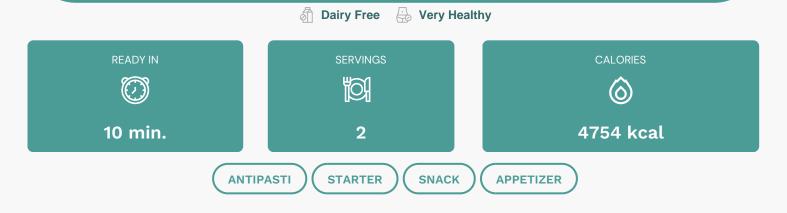




Five-Spice Fried Calamari with Sesame and Lime



Ingredients

U.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

	Nutrition Facts PROTEIN 3.86% FAT 90.86% CARBS 5.28%
Ш	Toss fried calamari with green onion, cilantro, extra sesame seeds, and lime zest and serve with lime wedges.
	Transfer to a large paper towel-lined plate and season immediately with salt. Repeat with second batch.
	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.
	Heat vegetable oil in a wok, Dutch oven, or cast iron chicken fryer to 370°F.
	Add the calamari. Seal and shake the bag until the calamari is coated in the flour mixture.
	In a large plastic food storage bag, toss together the flour, Chinese five spice powder, sesame seeds, and 1/2 tablespoon kosher salt.
	Prepare the calamari by slicing the tubes into 1/2-inch strips and cutting the tentacles in half down the center. Rinse and drain.
Diı	rections
Ш	colander
Ц	dutch oven
	wok
	sieve
	paper towels
Eq	uipment
	1 cup flour all-purpose
	2 spring onion thinly sliced
	1 quart vegetable oil; peanut oil preferred

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, Quercetin: 1.5mg, Quercetin

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: Og (100%), Alcohol %: O% (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%)