

Fried Calamari

READY IN



30 min.

SERVINGS



6

CALORIES



565 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 64 ounce tomatoes crushed canned
- 1 carrots chopped
- 1 stalk celery chopped
- 2 bay leaves dried
- 2 tablespoons parsley dried
- 2 cups flour all-purpose
- 2 cloves garlic chopped
- 2 lemons cut into wedges
- 0.5 cup olive oil extra-virgin

- 1 small onion chopped
- 6 servings salt and pepper black freshly ground
- 6 servings sea salt and pepper black freshly ground
- 1 pound clean squid with tentacles, bodies cut into 1/3- to 1/2-inch-thick rings
- 4 tablespoons butter unsalted
- 6 servings vegetable oil for deep-frying

Equipment

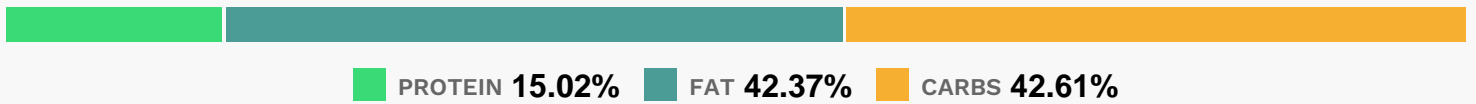
- food processor
- bowl
- sauce pan
- pot
- ziploc bags
- slotted spoon
- tongs

Directions

- Watch how to make this recipe.
- Pour enough oil into a heavy large saucepan to reach the depth of 3 inches.
- Heat over medium heat to 350 degrees F.
- Mix the flour, parsley, salt, and pepper in a large bowl. Working in small batches, toss the squid into the flour mixture to coat. Carefully add the squid to the oil and fry until crisp and very pale golden, about 1 minute per batch. Using tongs or a slotted spoon, transfer the fried calamari to a paper-towel lined plate to drain.
- Place the fried calamari and lemon wedges on a clean plate.
- Sprinkle with salt.
- Serve with the marinara sauce.
- In a large casserole pot, heat oil over medium high heat.
- Add onion and garlic and saute until soft and translucent, about 5 to 10 minutes.

- Add celery and carrots and season with salt and pepper.
- Saute until all the vegetables are soft, about 5 to 10 minutes.
- Add tomatoes and bay leaves and simmer uncovered on low heat for 1 hour or until thick.
- Remove bay leaves and check for seasoning. If sauce still tastes acidic, add unsalted butter, 1 tablespoon at a time to round out the flavors.
- Add 1/2 the tomato sauce into the bowl of a food processor. Process until smooth. Continue with remaining tomato sauce.
- If not using all the sauce, allow it to cool completely and pour 1 to 2 cup portions into freezer plastic bags. This will freeze up to 6 months.

Nutrition Facts



Properties

Glycemic Index:56.39, Glycemic Load:30.51, Inflammation Score:-10, Nutrition Score:37.378261014171%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 30.23mg, Apigenin: 30.23mg, Apigenin: 30.23mg, Apigenin: 30.23mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 564.74kcal (28.24%), Fat: 27.67g (42.58%), Saturated Fat: 7.92g (49.51%), Carbohydrates: 62.61g (20.87%), Net Carbohydrates: 53.89g (19.6%), Sugar: 15.45g (17.17%), Cholesterol: 196.21mg (65.4%), Sodium: 451.12mg (19.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.07g (44.13%), Copper: 2.08mg (103.97%), Selenium: 50.39µg (71.98%), Vitamin C: 53.28mg (64.59%), Vitamin K: 57.47µg (54.73%), Vitamin A: 2661.04IU (53.22%), Manganese: 1.02mg (51.1%), Vitamin E: 6.8mg (45.31%), Vitamin B2: 0.72mg (42.07%), Vitamin B3: 8.05mg (40.27%), Vitamin B1: 0.6mg (40.06%), Iron: 6.89mg (38.25%), Potassium: 1260.16mg (36%), Fiber: 8.73g (34.91%), Phosphorus: 330.17mg (33.02%), Folate: 131.45µg (32.86%), Vitamin B6: 0.6mg (29.79%), Magnesium: 104.08mg (26.02%), Vitamin B12: 1µg (16.64%), Calcium: 164.17mg (16.42%), Zinc: 2.4mg (15.99%), Vitamin B5: 1.55mg (15.54%)