



Fried Calamari

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



415 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 pound calamari rinsed cleaned (tubes and tentacles)
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 teaspoons oregano dried
- ☐ 1.5 teaspoons paprika
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 6 servings vegetable oil

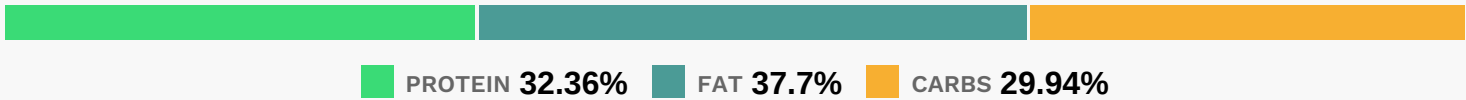
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cut calamari tubes into 1/4-inch-thick rings. Soak calamari in cold water 30 minutes; drain. Pat dry with paper towels.
- ☐ Combine flour and next 4 ingredients. Dredge calamari in flour mixture.
- ☐ Pour oil to a depth of 6 inches into a Dutch oven.
- ☐ Heat to 40
- ☐ Fry calamari, in batches, 1 minute, allowing oil to reach 400 before cooking next batch.
- ☐ Drain on paper towels.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:17.29, Inflammation Score:-7, Nutrition Score:25.898695655491%

Nutrients (% of daily need)

Calories: 414.54kcal (20.73%), Fat: 17.01g (26.16%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 29.12g (10.59%), Sugar: 0.16g (0.18%), Cholesterol: 440.36mg (146.79%), Sodium: 374.97mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.84g (65.69%), Copper: 3.63mg (181.31%), Selenium: 95.33µg (136.18%), Vitamin B2: 0.94mg (55.42%), Phosphorus: 454.01mg (45.4%), Vitamin B12: 2.46µg (40.95%), Vitamin B3: 6.04mg (30.2%), Vitamin K: 29.62µg (28.21%), Vitamin E: 3.67mg (24.47%), Zinc: 3.15mg (20.99%), Vitamin B1: 0.29mg (19.06%), Magnesium: 71.78mg (17.94%), Folate: 68.1µg (17.02%), Iron: 3.05mg (16.92%), Manganese: 0.33mg (16.71%), Potassium: 518.34mg (14.81%), Vitamin B5: 1.1mg (11.01%), Vitamin C: 8.9mg (10.79%), Calcium: 75.21mg (7.52%), Vitamin B6: 0.14mg (6.8%), Vitamin A: 318.06IU (6.36%), Fiber: 1.27g (5.09%)