



Fried Calamari with Basil and Lemon with Arrabbiata

READY IN



780 min.

SERVINGS



4

CALORIES



799 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pounds calamari cleaned cut into rings
- ☐ 28 ounce canned tomatoes whole canned recommended: San Marzano
- ☐ 2 cups flour all-purpose
- ☐ 1 handful basil leaves fresh
- ☐ 2 cloves garlic
- ☐ 2 large garlic cloves chopped
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 1 optional: lemon thinly sliced
- ☐ 2 cups milk
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion diced
- ☐ 1 teaspoon pepper flakes dried red
- ☐ 0.5 cup red wine
- ☐ 1 tablespoon sugar
- ☐ 4 servings vegetable oil for deep-frying

Equipment

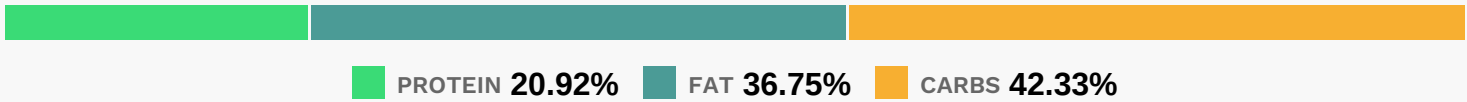
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ immersion blender
- ☐ colander

Directions

- ☐ Add calamari rings to a large mixing bowl and cover with milk (use more or less to completely cover the calamari. Peel garlic cloves and gently bash with the side of a knife to open the clove and release some of the juices.
- ☐ Add to the bowl, season with salt and pepper, then cover and refrigerate overnight.
- ☐ Heat approximately 3-inches of vegetable oil to 350 degrees F. in a deep-fryer or heavy bottomed pot.

- ☐
- Remove calamari bowl from the refrigerator stir in the basil. Set up 2 large mixing bowls: 1 with a colander sitting in it and the other with seasoned flour. Dump the calamari into the colander and drain the milk. Shake the colander to remove excess liquid then place the strained calamari and basil into the flour. Toss to coat, and then place back into the colander to remove excess flour. Fry (both calamari and basil leaves) in batches until crispy and golden brown, about 2 minutes. Use a slotted spoon to transfer the calamari and basil leaves to a tray lined with paper towels to drain, as you cook.
- ☐
- Set a large skillet over medium heat and add 3 tablespoons of olive oil.
- ☐
- Add chopped garlic, onion and red pepper flakes.
- ☐
- Saute until fragrant then add tomatoes and wine. Break up tomatoes with the back of your wooden spoon and simmer uncovered for 20 minutes until some of the juice has reduced. When done, give it a final seasoning with salt and pepper, then puree in a blender (or use an immersion blender) until smooth. Season with salt and pepper and sugar and serve with calamari.

Nutrition Facts



Properties

Glycemic Index:112.65, Glycemic Load:44.26, Inflammation Score:-9, Nutrition Score:43.908695594124%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.72mg, Hesperetin: 7.72mg, Hesperetin: 7.72mg, Hesperetin: 7.72mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 799.4kcal (39.97%), Fat: 32.13g (49.43%), Saturated Fat: 6.68g (41.73%), Carbohydrates: 83.27g (27.76%), Net Carbohydrates: 76.32g (27.75%), Sugar: 19.86g (22.06%), Cholesterol: 410.97mg (136.99%), Sodium: 590.02mg (25.65%), Alcohol: 3.18g (100%), Alcohol %: 0.6% (100%), Protein: 41.15g (82.3%), Copper: 3.71mg (185.54%), Selenium: 101.76µg (145.37%), Vitamin B2: 1.31mg (77.2%), Phosphorus: 655.86mg (65.59%), Vitamin C: 43.63mg (52.88%), Vitamin B1: 0.77mg (51.62%), Vitamin B3: 10.16mg (50.81%), Manganese: 1.01mg (50.74%), Vitamin E: 7.52mg (50.14%), Vitamin B12: 2.87µg (47.83%), Vitamin K: 46.19µg (43.99%), Iron: 7.22mg (40.12%), Potassium: 1390.06mg (39.72%), Folate: 157.76µg (39.44%), Magnesium: 134.71mg (33.68%), Vitamin B6: 0.62mg (30.76%), Calcium: 305.75mg (30.57%), Zinc: 4.24mg (28.29%), Fiber: 6.95g (27.81%), Vitamin B5: 2.25mg (22.5%), Vitamin A: 862.96IU (17.26%), Vitamin D: 1.34µg (8.95%)