



Fried Calamari with Chipotle Citrus Sauce

READY IN



90 min.

SERVINGS



4

CALORIES



402 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cup ll-purpose flour
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup buttermilk
- ☐ 1 pound calamari tubes and tentacles fresh rinsed cleaned sliced
- ☐ 0.3 teaspoon cayenne
- ☐ 1 teaspoon coarse salt plus more for seasonong
- ☐ 2 clove garlic peeled chopped
- ☐ 1 juice of lemon juiced
- ☐ 1 juice of lime juiced

- ☐ 1 juice of orange juiced
- ☐ 4 servings lemon wedges
- ☐ 0.5 teaspoon mustard seeds crushed
- ☐ 4 servings oil for frying
- ☐ 1 teaspoon parsley leaves finely minced
- ☐ 1 tablespoon onion red minced
- ☐ 0.5 cup vegetable oil

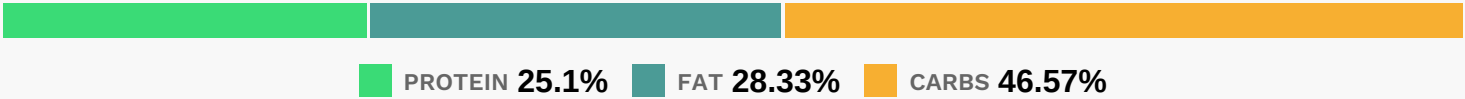
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ blender

Directions

- ☐ Add the garlic, chipotle, citrus juices, red onion, mustard seeds to a blender or mini-food processor. With the machine running gradually drizzle in the oil until the desired creamy texture is achieved. You may not need all the oil. Gradually whisk in oil until blended. Set aside until ready to serve. Soak the calamari in the buttermilk for at least one hour.
- ☐ Combine the flour with the parsley, salt, pepper and cayenne in a medium bowl.
- ☐ Remove the calamari from the buttermilk and shake off a bit of the excess. Dredge the calamari in the flour mixture, keeping all the pieces separate. Shake off the excess flour.
- ☐ Pour oil to a depth of about 2 inches in a deep pan.
- ☐ Heat to 36
- ☐ Fry calamari, in batches, for about 1 minute or until done, turning after 30 seconds. Make sure to not crowd the pan.
- ☐ Drain on paper towels, season with salt and a big spritz of lemon.
- ☐ Serve with additional fresh squeezed lemon, and some of the Chipotle sauce on the side.

Nutrition Facts



Properties

Glycemic Index:84.13, Glycemic Load:27.86, Inflammation Score:-6, Nutrition Score:25.260434731193%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 402.45kcal (20.12%), Fat: 12.5g (19.23%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 44.56g (16.2%), Sugar: 4.82g (5.35%), Cholesterol: 270.82mg (90.27%), Sodium: 696.15mg (30.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.92g (49.84%), Copper: 2.25mg (112.57%), Selenium: 69.99µg (99.99%), Vitamin B2: 0.81mg (47.9%), Phosphorus: 363.89mg (36.39%), Vitamin B1: 0.44mg (29.64%), Vitamin B12: 1.75µg (29.17%), Vitamin B3: 5.42mg (27.1%), Folate: 102.69µg (25.67%), Manganese: 0.47mg (23.59%), Vitamin C: 19.32mg (23.42%), Iron: 3.14mg (17.47%), Vitamin E: 2.47mg (16.44%), Zinc: 2.36mg (15.76%), Magnesium: 59.6mg (14.9%), Potassium: 479.85mg (13.71%), Vitamin K: 13.78µg (13.13%), Calcium: 122.81mg (12.28%), Vitamin B5: 1.07mg (10.72%), Vitamin B6: 0.15mg (7.32%), Fiber: 1.66g (6.63%), Vitamin D: 0.78µg (5.2%), Vitamin A: 228IU (4.56%)