



Fried Calamari with Roasted Garlic and Lime Aïoli

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 pound calamari frozen thawed cleaned (tubes and tentacles)
- ☐ 1.5 cups flour all-purpose
- ☐ 6 servings vegetable oil; peanut oil preferred
- ☐ 1 teaspoon pepper freshly ground
- ☐ 6 servings roasted garlic and lime aïoli
- ☐ 1 teaspoon salt

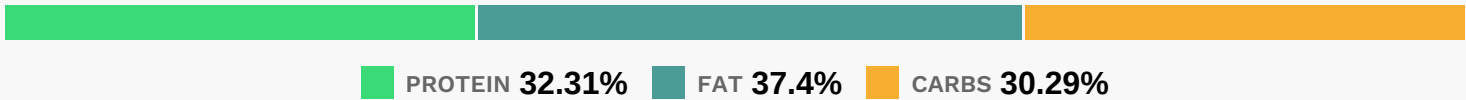
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cut calamari tubes into 1/4-inch-thick rings; pat dry with paper towels.
- ☐ Combine flour, salt, and pepper in a shallow dish. Dredge rings and tentacles, in batches, in flour mixture.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat to 36
- ☐ Fry calamari, in batches, 2 minutes or until golden; drain on paper towels.
- ☐ Serve immediately with Roasted Garlic and Lime Aoli.
- ☐ Note: You can use frozen and sliced squid packaged without tentacles.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:17.57, Inflammation Score:-3, Nutrition Score:24.755217510721%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 416.69kcal (20.83%), Fat: 16.94g (26.06%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 29.88g (10.87%), Sugar: 0.12g (0.13%), Cholesterol: 440.36mg (146.79%), Sodium: 471.94mg (20.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.94g (65.87%), Copper: 3.63mg (181.54%), Selenium: 95.71µg (136.73%), Vitamin B2: 0.94mg (55.11%), Phosphorus: 456.55mg (45.65%), Vitamin B12: 2.46µg (40.95%), Vitamin B3: 5.99mg (29.95%), Vitamin E: 4.49mg (29.94%), Zinc: 3.15mg (21.01%), Vitamin B1: 0.29mg (19.3%), Manganese: 0.37mg (18.65%), Magnesium: 70.57mg (17.64%), Folate: 66.78µg (16.7%), Iron: 2.83mg (15.7%), Potassium: 514.91mg (14.71%), Vitamin C: 9.82mg (11.9%), Vitamin B5: 1.1mg (11.04%), Vitamin B6: 0.16mg (7.89%), Calcium: 72.31mg (7.23%), Fiber: 0.99g (3.96%), Vitamin A: 64.46IU (1.29%)