



Fried Calamari with Spicy Mayonnaise

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 pound calamari fresh rinsed sliced into rings (tubes and tentacles)
- ☐ 1.5 teaspoons thai garlic-chili sauce
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground paprika
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 6 servings vegetable oil

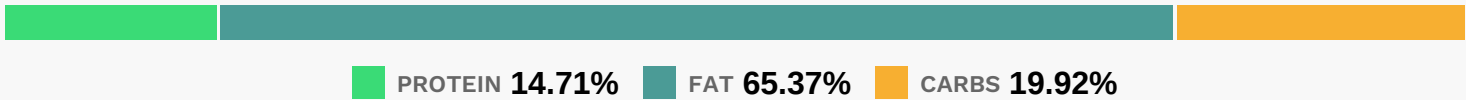
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Stir together mayonnaise and Sriracha in a small bowl. Cover and chill.
- ☐ Soak calamari in buttermilk; chill at least 1 hour.
- ☐ Combine flour and next 3 ingredients in a medium bowl.
- ☐ Remove calamari from buttermilk, and dredge in flour mixture. Shake off excess, and separate rings and tentacles.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat to 36
- ☐ Fry calamari, in batches, 1 minute or until done.
- ☐ Drain on paper towels, and serve warm with spicy mayonnaise.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:12.21, Inflammation Score:-4, Nutrition Score:17.437826229178%

Nutrients (% of daily need)

Calories: 424.1kcal (21.21%), Fat: 30.59g (47.06%), Saturated Fat: 5.39g (33.71%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 20.15g (7.33%), Sugar: 2.37g (2.63%), Cholesterol: 188.38mg (62.8%), Sodium: 643.5mg (27.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.98%), Copper: 1.48mg (73.97%), Selenium: 42.88µg (61.25%), Vitamin K: 57.17µg (54.45%), Vitamin B2: 0.49mg (28.91%), Phosphorus: 229.07mg (22.91%), Vitamin B12: 1.19µg (19.82%), Vitamin E: 2.81mg (18.7%), Vitamin B3: 2.95mg (14.76%), Vitamin B1: 0.2mg (13.39%), Folate: 45.06µg (11.26%), Manganese: 0.22mg (11.01%), Zinc: 1.5mg (10.01%), Iron: 1.64mg (9.12%), Magnesium: 34.89mg (8.72%), Potassium: 278.11mg (7.95%), Calcium: 77.29mg (7.73%), Vitamin B5: 0.67mg (6.66%), Vitamin A: 269.08IU (5.38%), Vitamin C: 3.56mg (4.31%), Vitamin B6: 0.08mg (3.78%), Vitamin D: 0.56µg (3.72%), Fiber: 0.81g (3.26%)