



## Frito Misto

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 ounces calamari cut into rings
- 4 servings canola oil
- 8 caperberries
- 1 cup cornstarch
- 2 ounces egg whites lightly beaten
- 1 cup flour all-purpose
- 1 optional: lemon for garnish cut into wedges,
- 4 ounces mahi-mahi white cut into small cubes

- 1 cup rice flour
- 4 ounces rock shrimp
- 4 servings sea salt

## Equipment

- bowl
- frying pan
- paper towels

## Directions

- Preheat a fryer or steep-sided pan, with 1-inch of canola oil, to 375 degrees F.
- In a large bowl, combine the seafood, egg whites and caperberries. Blend the cornstarch and flours together in a deep bowl. In a mesh basket add the fish, making sure to shake off the excess egg whites.
- Add the fish to the flour mixture, coating thoroughly. Carefully transfer the fish to the fryer basket and submerge them in the hot oil.
- Let cook, shaking the basket every so often, so that they will not stick together, until golden brown and crispy. Be careful of the splattering oil.
- Drain on paper towels and season with sea salt.
- Transfer the fish to a serving platter and garnish with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:42.13, Glycemic Load:38.84, Inflammation Score:-5, Nutrition Score:18.376956563929%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

0.14mg, Myricetin: 0.14mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## **Nutrients (% of daily need)**

Calories: 591.57kcal (29.58%), Fat: 15.88g (24.43%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 88.91g (29.64%), Net Carbohydrates: 86.03g (31.28%), Sugar: 0.91g (1.01%), Cholesterol: 122.47mg (40.82%), Sodium: 446.93mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.17%), Selenium: 51.92µg (74.18%), Manganese: 0.74mg (37.17%), Copper: 0.73mg (36.46%), Vitamin B3: 5.78mg (28.9%), Phosphorus: 256.02mg (25.6%), Vitamin B1: 0.33mg (21.94%), Vitamin B2: 0.37mg (21.92%), Vitamin E: 3.28mg (21.84%), Vitamin B6: 0.39mg (19.28%), Vitamin C: 15.69mg (19.01%), Folate: 70.78µg (17.69%), Vitamin B12: 0.87µg (14.43%), Iron: 2.5mg (13.92%), Magnesium: 49.99mg (12.5%), Fiber: 2.88g (11.52%), Vitamin K: 10.41µg (9.91%), Potassium: 345.31mg (9.87%), Vitamin B5: 0.99mg (9.85%), Zinc: 1.42mg (9.47%), Calcium: 46.49mg (4.65%), Vitamin A: 118.73IU (2.37%)