



Fritto Misto

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups canola oil for frying
- ☐ 2 cups flour all-purpose
- ☐ 3 optional: lemon cut into wedges
- ☐ 6 servings pepper black freshly ground
- ☐ 1 pound scallops
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 pound squid rings fresh cleaned sliced into thin rings, tentacles reserved
- ☐ 18 sardines fresh cleaned

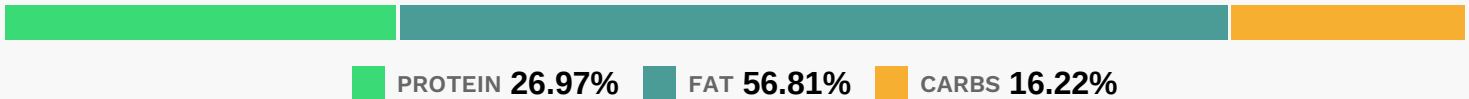
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ In large shallow skillet over moderately high heat, heat 3 inches of oil until thermometer registers 350°F.
- ☐ Transfer flour to large plate.
- ☐ Sprinkle all seafood liberally with salt and pepper. Working in batches and returning oil to 350°F between batches, dredge seafood in flour, shaking to remove excess, and fry until golden and cooked through, about 20 seconds per side for whole fish and shrimp, 15 seconds per side for scallops and calamari. Using slotted spoon, remove as done and drain on paper towel-lined plate.
- ☐ Garnish with lemon wedges and serve immediately with tartar sauce.

Nutrition Facts



Properties

Glycemic Index:22.08, Glycemic Load:23.91, Inflammation Score:-7, Nutrition Score:37.979565433834%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 1020.06kcal (51%), Fat: 64.81g (99.71%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 38.96g (14.17%), Sugar: 1.46g (1.63%), Cholesterol: 379.84mg (126.61%), Sodium: 421.51mg

(18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.24g (138.48%), Selenium: 74.69µg (106.7%), Phosphorus: 1004.75mg (100.48%), Copper: 1.82mg (91.16%), Vitamin B3: 13.09mg (65.47%), Vitamin E: 8.85mg (59.03%), Vitamin B2: 0.98mg (57.44%), Calcium: 568.24mg (56.82%), Zinc: 5.87mg (39.14%), Vitamin C: 32.17mg (39%), Vitamin B12: 2.05µg (34.15%), Vitamin K: 32.23µg (30.7%), Potassium: 1047.36mg (29.92%), Manganese: 0.6mg (29.79%), Vitamin B1: 0.44mg (29.09%), Magnesium: 115.3mg (28.82%), Iron: 4.64mg (25.76%), Folate: 98.08µg (24.52%), Fiber: 2.66g (10.65%), Vitamin B5: 0.83mg (8.27%), Vitamin B6: 0.16mg (7.97%), Vitamin A: 291.64IU (5.83%)