



WHATSheATE



HEALTH SCORE

86%

Mediterranean Calamari Tacos



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



1897 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1.5 pounds calamari tubes and tentacles



0.3 teaspoon cayenne



12 corn tortillas warmed (5 to 6 in.)



0.5 cup flour all-purpose



1 teaspoon kosher salt



1 serving lemon aioli



1 serving fried caper and orange slaw



0.5 cup rice flour white

☐ 1 serving vegetable oil for deep frying

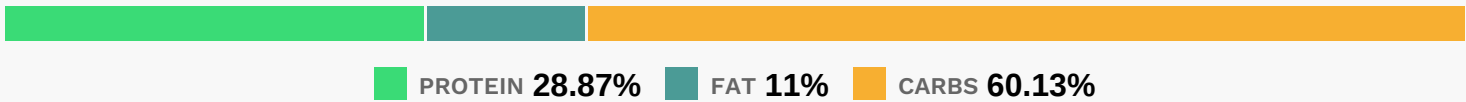
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 20
- ☐ Cut calamari tubes into 1/2-in. rings; pat calamari mostly dry.
- ☐ Mix flours, cayenne, and salt in a bowl.
- ☐ Heat 1 1/2 in. oil in a 5- to 6-qt. pan over medium-high heat to 38
- ☐ Toss one-quarter of calamari at a time in flour to coat, shaking off excess. With a slotted spoon, lower calamari into oil and cook until golden (adjust heat to maintain 380), 2 to 3 minutes per batch.
- ☐ Transfer to a paper towel-lined baking sheet. Keep warm in oven as you fry remaining calamari.
- ☐ Smear each tortilla with about 1 tbsp. aioli, then fill with calamari and slaw.
- ☐ Add more sauce if you like.
- ☐ *If tortillas are very thin, buy double the amount and stack 2 per taco.

Nutrition Facts



Properties

Glycemic Index:293.5, Glycemic Load:140.89, Inflammation Score:-9, Nutrition Score:70.551304361095%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg Naringenin: 13.83mg, Naringenin: 13.83mg, Naringenin: 13.83mg, Naringenin: 13.83mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 1897.09kcal (94.85%), Fat: 23.05g (35.45%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 283.46g (94.49%), Net Carbohydrates: 257.71g (93.71%), Sugar: 11.65g (12.95%), Cholesterol: 1585.31mg (528.44%), Sodium: 2766.79mg (120.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 136.12g (272.25%), Copper: 13.58mg (679.03%), Selenium: 357.64µg (510.92%), Phosphorus: 2644.42mg (264.44%), Vitamin B2: 3.37mg (198.44%), Vitamin B12: 8.85µg (147.42%), Manganese: 2.68mg (134.11%), Vitamin B3: 25.58mg (127.89%), Magnesium: 501.3mg (125.32%), Zinc: 15.66mg (104.4%), Fiber: 25.76g (103.02%), Vitamin C: 83.95mg (101.76%), Vitamin B6: 1.51mg (75.62%), Vitamin B1: 1.11mg (74.21%), Potassium: 2564.86mg (73.28%), Iron: 11.84mg (65.75%), Vitamin E: 9.71mg (64.76%), Calcium: 527.82mg (52.78%), Vitamin B5: 4.91mg (49.09%), Folate: 195.49µg (48.87%), Vitamin A: 642.86IU (12.86%), Vitamin K: 5.74µg (5.46%)