



My Asian Calamari

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



563 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon allspice
- 1 cup flour
- 1 tablespoon double-acting baking powder
- 4 servings cooking oil for frying
- 1 tablespoon cornstarch
- 1 tablespoon curry powder
- 1 egg whites
- 0.5 teaspoon pepper

- 1 teaspoon paprika
- 4 servings pepper to taste
- 500 grams squid rings fresh
- 1.5 cups sugar

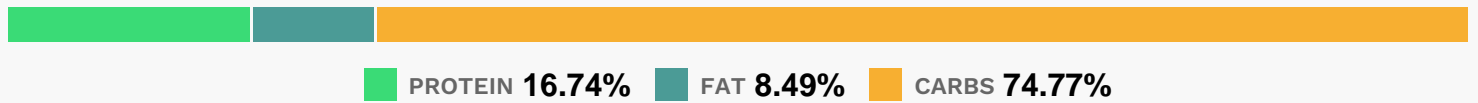
Equipment

- bowl

Directions

- In a bowl mix the ff: salt, sugar, pepper, egg white, curry powder, all spice and cornstarch.
- Mix well and put squid rings, mix again and marinate for one hour or overnight if you like. When you're about to cook, in a plastic or freezer bag, mix the ff: flour, baking powder and salt. Shake well and start to put inside the squid rings by batches. Fry them at once and make sure the oil is hot!

Nutrition Facts



Properties

Glycemic Index: 84.02, Glycemic Load: 70.46, Inflammation Score: -4, Nutrition Score: 22.637391304348%

Taste

Sweetness: 100%, Saltiness: 64.73%, Sourness: 9.8%, Bitterness: 21.17%, Savoriness: 52.45%, Fattiness: 63.97%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 562.85kcal (28.14%), Fat: 5.38g (8.28%), Saturated Fat: 0.75g (4.72%), Carbohydrates: 106.56g (35.52%), Net Carbohydrates: 104.91g (38.15%), Sugar: 75.08g (83.43%), Cholesterol: 291.25mg (97.08%), Sodium: 388.29mg (16.88%), Protein: 23.86g (47.71%), Copper: 2.44mg (121.85%), Selenium: 68.91µg (98.45%), Vitamin B2: 0.73mg (42.8%), Phosphorus: 384.61mg (38.46%), Vitamin B12: 1.63µg (27.2%), Vitamin B3: 4.69mg (23.44%), Calcium: 232.97mg (23.3%), Manganese: 0.38mg (19.13%), Vitamin B1: 0.28mg (18.44%), Iron: 3.28mg (18.2%), Folate: 66.4µg (16.6%), Vitamin E: 2.49mg (16.58%), Zinc: 2.23mg (14.87%), Magnesium: 55.29mg (13.82%), Potassium: 395.82mg (11.31%), Vitamin B5: 0.79mg (7.94%), Vitamin C: 6.1mg (7.39%), Fiber: 1.66g (6.62%), Vitamin A: 304.9IU (6.1%), Vitamin B6: 0.11mg (5.67%), Vitamin K: 4.56µg (4.34%)