



Parmesan-crusted Calamari Kebabs

READY IN



45 min.

SERVINGS



30

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 calamari tubes cleaned
- ☐ 1 large egg white lightly beaten
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup panko bread crumbs
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 30 servings roasted pepper and basil sauce red
- ☐ 0.5 teaspoon salt
- ☐ 6 inch wooden skewers

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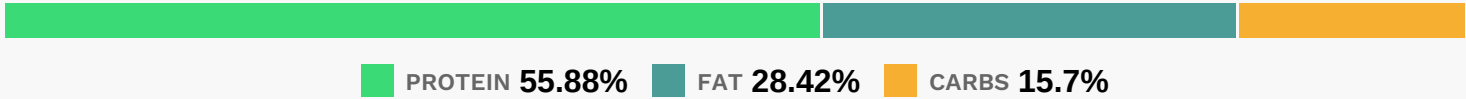
Equipment

- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Slice tubes in half lengthwise. Thread onto skewers.
- ☐ Combine cheese and next 4 ingredients in a shallow dish.
- ☐ Brush egg white lightly over squid. Dredge squid into breadcrumb mixture.
- ☐ Place skewers on a lightly greased rack in a broiler pan. Broil calamari 5 1/2 inches from heat 2 to 4 minutes or until golden.
- ☐ Serve warm with Roasted Red Bell Pepper and Basil Sauce.
- ☐ *Panko, or Japanese breadcrumbs, is available in Asian or gourmet grocery stores.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:8.3039130204074%

Nutrients (% of daily need)

Calories: 75.25kcal (3.76%), Fat: 2.29g (3.52%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.78g (1.01%), Sugar: 0.07g (0.08%), Cholesterol: 141.25mg (47.08%), Sodium: 117.19mg (5.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.24%), Copper: 1.14mg (56.96%), Selenium: 27.94µg (39.91%), Vitamin B2: 0.26mg (15.42%), Phosphorus: 145.23mg (14.52%), Vitamin B12: 0.81µg (13.45%), Vitamin B3: 1.38mg (6.91%), Zinc: 1.01mg (6.72%), Vitamin E: 0.86mg (5.76%), Magnesium: 21.1mg (5.28%), Potassium: 156.34mg (4.47%), Vitamin C: 3.29mg (3.98%), Calcium: 36.43mg (3.64%), Vitamin B5: 0.31mg (3.14%), Iron: 0.48mg (2.67%), Vitamin B6: 0.04mg (1.9%), Manganese: 0.04mg (1.88%), Vitamin B1: 0.02mg (1.5%), Folate: 4.38µg (1.09%)