



Quick Calamari with Garlic Mayo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 optional: lemon cut into 6 wedges
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 2 teaspoons paprika
- ☐ 0.3 teaspoon salt

- ☐ 1 pound squid tubes and tentacles
- ☐ 0.5 cup vegetable oil divided
- ☐ 0.3 cup cornmeal red yellow such as Bob's Mill

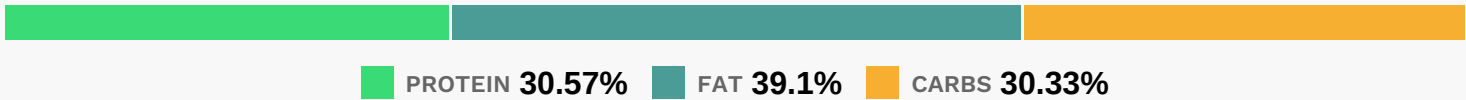
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ To prepare mayo, combine first 4 ingredients in a small bowl. Cover and chill.
- ☐ To prepare calamari, cut squid tubes into 1/2-inch rings. Leave tentacles intact. Rinse and pat dry.
- ☐ Combine cornmeal and next 3 ingredients in a large heavy-duty zip-top plastic bag; add half of squid. Seal bag; shake to coat.
- ☐ Heat 1/4 cup oil in a large skillet over high heat.
- ☐ Add squid coated with cornmeal mixture to hot oil; cook 2 minutes, turning frequently, or until squid begins to curl around edges. (Do not overcook.)
- ☐ Remove squid from pan; drain on paper towels. Repeat procedure with remaining squid, cornmeal mixture, and 1/4 cup oil.
- ☐ Serve immediately with garlic mayo and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:3.25, Inflammation Score:-4, Nutrition Score:12.796086995498%

Flavonoids

Eriodictyol: 3.89mg, Eriodictyol: 3.89mg, Eriodictyol: 3.89mg, Eriodictyol: 3.89mg Hesperetin: 5.14mg, Hesperetin: 5.14mg, Hesperetin: 5.14mg, Hesperetin: 5.14mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 167.52kcal (8.38%), Fat: 7.28g (11.21%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.32g (4.12%), Sugar: 0.98g (1.09%), Cholesterol: 177.64mg (59.21%), Sodium: 208.77mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.81g (25.63%), Copper: 1.46mg (73.05%), Selenium: 34.77µg (49.67%), Vitamin B2: 0.33mg (19.42%), Phosphorus: 189.54mg (18.95%), Vitamin C: 13.6mg (16.48%), Vitamin B12: 0.98µg (16.38%), Vitamin K: 12.52µg (11.93%), Vitamin E: 1.66mg (11.04%), Vitamin B3: 1.9mg (9.51%), Zinc: 1.42mg (9.44%), Magnesium: 35.12mg (8.78%), Vitamin A: 365.3IU (7.31%), Potassium: 253.29mg (7.24%), Vitamin B6: 0.12mg (5.84%), Fiber: 1.4g (5.59%), Iron: 1mg (5.55%), Manganese: 0.1mg (4.79%), Vitamin B5: 0.48mg (4.78%), Calcium: 32.45mg (3.24%), Vitamin B1: 0.05mg (3.09%), Folate: 8.92µg (2.23%)