



Salt and Pepper Squid

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces calamari tubes
- ☐ 1 cup cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup vegetable oil; peanut oil preferred
- ☐ 2 tablespoons szechwan peppercorns
- ☐ 2 tablespoons sea salt

Equipment

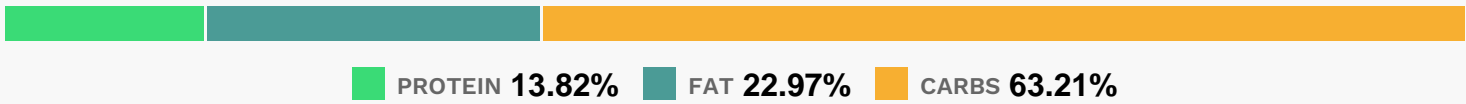
- ☐ frying pan

- ☐ knife
- ☐ ziploc bags
- ☐ wok
- ☐ mortar and pestle

Directions

- ☐ Slice the calamari tubes down one side and open them up to lay flat. Score the insides with a knife in a cross-hatch pattern. Set aside.
- ☐ Heat a small skillet over high heat with no oil.
- ☐ Add the peppercorns, and toast for a few minutes, stirring constantly, until they start to sizzle and pop.
- ☐ Remove them from the pan and set aside.
- ☐ Add the salt to the pan and cook over high heat until it has turned a gray color.
- ☐ Remove from the heat.
- ☐ Grind the salt and pepper with a mortar and pestle or spice grinder until it becomes a fine powder.
- ☐ Transfer to a resealable plastic bag and mix with flour and cornstarch.
- ☐ Heat the oil in a wok or heavy skillet over high heat until very hot.
- ☐ Place a few pieces of squid at a time into the bag and shake to coat. Shake off excess and quickly fry them in the oil until browned, turning once. Each one should take about 30 seconds.
- ☐ Serve and eat immediately.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:35.74, Inflammation Score:-5, Nutrition Score:28.802174106888%

Nutrients (% of daily need)

Calories: 743.97kcal (37.2%), Fat: 18.74g (28.82%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 115.99g (38.66%), Net Carbohydrates: 111.2g (40.44%), Sugar: 0.23g (0.26%), Cholesterol: 264.22mg (88.07%), Sodium: 7035.35mg (305.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.35g (50.7%), Copper: 2.4mg (120.18%), Selenium: 74.29µg (106.13%), Manganese: 1.79mg (89.66%), Vitamin B2: 0.79mg (46.7%), Vitamin B1: 0.52mg (34.94%), Phosphorus: 342.23mg (34.22%), Vitamin B3: 6.28mg (31.38%), Folate: 121.74µg (30.44%), Iron: 5.01mg (27.82%), Vitamin E: 4.05mg (26.97%), Vitamin B12: 1.47µg (24.57%), Fiber: 4.79g (19.17%), Magnesium: 70.37mg (17.59%), Vitamin K: 16.67µg (15.88%), Zinc: 2.35mg (15.66%), Potassium: 482.09mg (13.77%), Vitamin B5: 0.98mg (9.81%), Calcium: 95.56mg (9.56%), Vitamin C: 5.33mg (6.46%), Vitamin B6: 0.12mg (6.01%), Vitamin A: 92.12IU (1.84%)