



Salt & pepper squid

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 85 g cornstarch
- 85 g flour plain
- 2 tsp pepper black
- 2 tbsp peppercorns crushed
- 4 servings vegetable oil for frying
- 400 g squid rings cleaned cut into strips (see tips, below)
- 4 servings spring onion green finely sliced
- 1 to 5 chilies red finely chopped

- 4 servings cucumber diced finely
- 1 small onion red finely chopped
- 100 ml rice vinegar
- 1 tbsp sugar
- 2 tsp fish sauce

Equipment

- bowl
- frying pan
- kitchen thermometer
- wok
- slotted spoon
- deep fryer

Directions

- To make the dipping sauce, mix all the ingredients in a small bowl until the sugar has dissolved, then set aside.
- Mix the cornflour and plain flour with both peppers and 2 tsp sea salt in a large bowl, then set aside. Line a tray with kitchen paper and make sure you have more salt to sprinkle with.
- Heat about 7cm of oil to 180C in a deep fryer, wok or deep pan. If you dont have a thermometer, you can test it with a cube of bread it should brown in 20 secs. Coat the squid well with the flour mix and fry in batches for about 2 mins each or until crisp. Use a slotted spoon to lift out the squid, then drain on the kitchen paper and sprinkle with a little more salt.
- Serve the squid scattered with the spring onion and chilli, with the dipping sauce on the side.

Nutrition Facts



Properties

Glycemic Index:94.52, Glycemic Load:15.6, Inflammation Score:-5, Nutrition Score:22.745652032935%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 325.11kcal (16.26%), Fat: 4.69g (7.22%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 46.58g (16.94%), Sugar: 5.13g (5.7%), Cholesterol: 233mg (77.67%), Sodium: 286.7mg (12.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.51%), Copper: 2.05mg (102.26%), Selenium: 53.55µg (76.5%), Manganese: 1.05mg (52.26%), Vitamin B2: 0.55mg (32.48%), Vitamin C: 24.08mg (29.18%), Vitamin K: 29.21µg (27.82%), Phosphorus: 272.72mg (27.27%), Vitamin B12: 1.31µg (21.91%), Vitamin B3: 3.78mg (18.88%), Magnesium: 60.75mg (15.19%), Iron: 2.65mg (14.7%), Folate: 58.23µg (14.56%), Vitamin B1: 0.22mg (14.53%), Potassium: 452.65mg (12.93%), Zinc: 1.87mg (12.49%), Fiber: 3.08g (12.33%), Vitamin E: 1.62mg (10.8%), Vitamin B6: 0.19mg (9.44%), Calcium: 77.49mg (7.75%), Vitamin B5: 0.74mg (7.44%), Vitamin A: 234.37IU (4.69%)