

Spicy Calamari with Bacon and Scallions

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 pound bacon (5 slices)
- 0.5 teaspoon pepper dried hot
- 1 cup spring onion chopped
- 1.5 pound squid rings

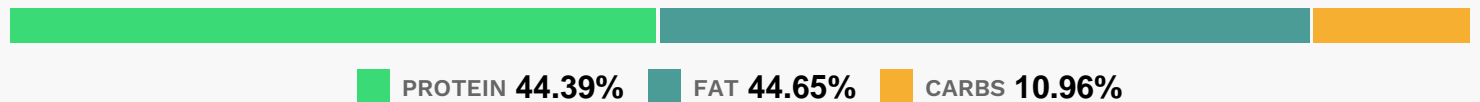
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Rinse squid under cold water, then pat dry between paper towels. Halve large tentacles lengthwise and cut bodies (including flaps, if attached) crosswise into 1/2-inch-wide rings.
- Cook bacon in a 12-inch heavy skillet over medium heat, stirring occasionally, until golden and crisp, then transfer with a slotted spoon to paper towels to drain.
- Toss squid with 1/4 teaspoon salt.
- Heat fat remaining in skillet over high heat until very hot, then sauté squid with scallions and red-pepper flakes until just cooked through, about 3 minutes.
- Serve squid immediately, sprinkled with bacon.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:24.002173900604%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 283.41kcal (14.17%), Fat: 13.68g (21.05%), Saturated Fat: 4.39g (27.45%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.82g (2.48%), Sugar: 0.6g (0.67%), Cholesterol: 415.04mg (138.35%), Sodium: 270.62mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.21%), Copper: 3.25mg (162.5%), Selenium: 82.1µg (117.29%), Vitamin K: 52.01µg (49.54%), Vitamin B2: 0.75mg (43.89%), Phosphorus: 426.74mg (42.67%), Vitamin B12: 2.35µg (39.22%), Vitamin B3: 5.01mg (25.04%), Zinc: 3.05mg (20.3%), Magnesium: 64.91mg (16.23%), Vitamin E: 2.4mg (15.97%), Potassium: 548.45mg (15.67%), Vitamin C: 12.7mg (15.39%), Vitamin B5: 1.03mg (10.29%), Vitamin B6: 0.19mg (9.56%), Iron: 1.69mg (9.37%), Vitamin B1: 0.13mg (8.44%), Vitamin A: 390IU (7.8%), Calcium: 74.67mg (7.47%), Folate: 24.57µg (6.14%), Manganese: 0.11mg (5.35%), Fiber: 0.74g (2.95%)