



Tortilla-Chip-Crusted Calamari With Chili-Yogurt Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 teaspoon pepper black divided
- 1 teaspoon chili powder
- 1 teaspoon garlic minced
- 5 servings greens and lemon wedges fresh for serving (such as mâche)
- 1 tablespoon juice of lime freshly squeezed
- 3 tablespoons olive oil divided
- 8 ounces yogurt plain

- 1.5 pounds squid rings cleaned
- 6 ounces tortilla chips

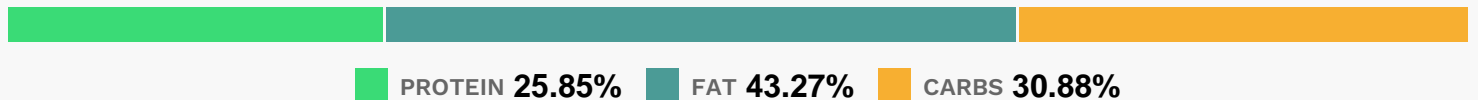
Equipment

- food processor
- frying pan
- paper towels

Directions

- Combine the yogurt with garlic, chili powder, 1/4 teaspoon pepper, and lime juice; cover and refrigerate.
- Separate the squids' tentacles from their bodies (if that has not been done already); slice the bodies into 1/2-inch rings, and cut the tentacles in half if they're large. Rinse squid well, and drain.
- Put the tortilla chips in a food processor; pulse a few times, then let food processor run until tortilla chips are finely ground.
- Transfer crumbs to a plate, and combine with remaining 1/2 teaspoon pepper.
- Put 2 tablespoons of oil in a large nonstick skillet over medium-high heat. When the oil is hot, dredge squid lightly in the crumbs, tapping to remove excess; add to skillet without crowding. (You may have to work in batches, using remaining 1 tablespoon oil.) Cook, turning once, until the squid is firm, lightly browned, and opaque within (cut into a piece to check; about 3-4 minutes per batch).
- Drain on paper towels, and serve immediately with yogurt sauce, lemon wedges, and greens.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:21.601304098316%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 391.5kcal (19.58%), Fat: 18.87g (29.03%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 28.2g (10.25%), Sugar: 2.49g (2.77%), Cholesterol: 322.96mg (107.65%), Sodium: 199.29mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.73%), Copper: 2.62mg (131%), Selenium: 63.65µg (90.92%), Phosphorus: 423.54mg (42.35%), Vitamin B2: 0.65mg (38.5%), Vitamin B12: 1.94µg (32.28%), Vitamin E: 4.23mg (28.23%), Magnesium: 80.5mg (20.13%), Zinc: 2.85mg (19%), Vitamin B3: 3.34mg (16.72%), Calcium: 138.99mg (13.9%), Potassium: 486.14mg (13.89%), Vitamin B5: 1.28mg (12.77%), Vitamin K: 13.2µg (12.57%), Vitamin C: 8.24mg (9.99%), Iron: 1.63mg (9.05%), Vitamin B6: 0.17mg (8.51%), Fiber: 2.1g (8.42%), Vitamin B1: 0.09mg (6.11%), Manganese: 0.11mg (5.27%), Vitamin A: 212.85IU (4.26%), Folate: 14.65µg (3.66%)