

Chinese Salt and Pepper Squid

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-salted-squid-recipe>

Ingredients:

- 1 pound squid tentacles and tubes
- 3 teaspoons kosher salt
- 2 teaspoons coarsely ground black pepper
- 1/2 cup all purpose flour
- 1/2 cup cornstarch
- 2 jalapeño peppers I used one red and one green
- 3 cloves garlic finely minced
- 2 stalks green onions finely chopped
- 2 tablespoons vegetable oil or more if needed
- 1/4 bunch cilantro

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 265 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. Sodium: 1850 milligrams
8. Sugar: 1 grams

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