

# Air Fryer Calamari

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/calamari-rings-recipe-south-africa>

## Ingredients:

- 1/2 cup all-purpose flour
- 1 large egg
- 1/4 cup milk
- 2 cups panko bread crumbs
- 1 teaspoon sea salt
- 1 teaspoon ground black pepper
- 1 pound calamari rings patted dry
- nonstick cooking spray

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 320 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 26 grams
7. SaturatedFat: 1 grams
8. Sodium: 1040 milligrams
9. Sugar: 3 grams

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