

# Fried Calamari with Spicy Mayonnaise

Yield: 12 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-fried-calamari-recipe>

## Ingredients:

- 1 cup mayonnaise low fat is fine
- 3 teaspoons Sriracha or Thai garlic-chili sauce
- 2 pounds calamari fresh, tubes & tentacles, rinsed & sliced into rings
- 2 cups buttermilk low fat is fine
- 2 cups all purpose flour
- 2 teaspoons salt
- 2 teaspoons ground black pepper freshly
- 2 teaspoons paprika
- vegetable oil

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 180 milligrams
4. Fat: 3 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 490 milligrams
9. Sugar: 2 grams

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