

Calamari Fritti

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-calamari-fritti-recipe>

Ingredients:

- 1 pound squid whole, cleaned and sliced
- 1 cup milk
- 1 large egg
- canola oil unchecked?, for frying
- 2 cups all purpose flour
- 1 tablespoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup mayonnaise
- 1 chipotle chile in adobo
- 1 garlic clove
- 1/2 lemon juiced
- 1 tablespoon flat leaf parsley
- 1 pinch salt

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 340 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 750 milligrams
9. Sugar: 8 grams

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