

Spicy Grilled Calamari

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-stuffed-squid-tube-recipe>

Ingredients:

- 1 pound squid tubes cleaned baby, and tentacles
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon salt each, and pepper
- 1 pinch cayenne
- 1 clove garlic minced
- 1 lemon
- 1/4 cup olive oil
- bamboo skewers
- lemon wedges for garnish, optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 265 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 2 grams
8. Sodium: 350 milligrams

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