

Asian Salad with Fried Calamari

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 4 tablespoons chili with garlic sauce, found in most Asian sections of grocery stores
- 4 tablespoons honey
- 1 teaspoon sesame oil Asian
- 3/4 pound calamari tubes
- 1 cup club soda
- 1 cup flour
- 1 dash salt and pepper
- vegetable oil for frying

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 400 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 310 milligrams
9. Sugar: 35 grams

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