

# Squid Pakora

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/squid-masala-recipe-indian-style>

## Ingredients:

- vegetable oil for deep frying
- 9/16 pound squid prepared, body opened out, scored on the inside, then cut into chunks or cut into rings, plus the tentacles
- 1/2 teaspoon fennel seed
- 1 teaspoon cumin seeds
- 1 1/2 cups gram flour
- 1/2 teaspoon salt
- 1/2 teaspoon fennel seed
- 1 teaspoon cumin seeds
- 1 teaspoon ground turmeric
- 2 3/4 inches ginger piece of, finely grated
- 2 garlic cloves finely chopped
- 1 green chilli finely chopped
- 4 spring onions finely chopped
- 1 teaspoon chilli flakes

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 145 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. Sodium: 330 milligrams
8. Sugar: 1 grams

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