

How to Make Fried Calamari (Calamari Fritti)

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 pound squid rings slice the squid bodies into rings
- 3 cups peanut oil or amount needed for frying
- 4 medium eggs
- 2/3 cup all-purpose flour unbleached
- 4 tablespoons semolina flour
- fine sea salt to taste
- 1 lemon cut into wedges, optional

Nutrition:

1. Calories: 1730 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 475 milligrams
4. Fat: 168 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 29 grams
8. Sodium: 320 milligrams
9. Sugar: 1 grams

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