

Korean Spicy Stir-Fried Squid

Yield: 3 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-fried-squid-recipe>

Ingredients:

- 1 squid medium-sized whole, about 14-16oz
- 2 tablespoons red chili pepper flakes Gochugaru
- 3/4 teaspoon black pepper
- 3/4 teaspoon salt
- 1 teaspoon fish sauce
- 2 garlic cloves minced
- 4 stems green onions
- 1/2 teaspoon soy sauce
- 1 teaspoon sesame seed oil
- 1/2 teaspoon sesame seeds
- 1 tablespoon avocado oil

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 45 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 800 milligrams

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