

PICKLES & PEPPERS

Spicy Calamari



BAY VALLEY
F O O D S

Spicy Calamari

Appetizer: 4 Servings

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving)
Eggs	2	Mix eggs and milk with a whisk in a clean bowl.	262 calories
Milk	1/3 cup		11 g protein
Calamari (bodies cut into 1/2" rings)	1/2 lb.	Dredge calamari in seasoned flour, then in egg wash. Remove from egg wash, drain, and dredge through cornmeal, coating completely. Shake off excess and carefully place in fryer basket.	15 g carbohydrate
All-purpose flour, seasoned with 1/8 tsp. salt and a pinch of white pepper	1 cup		1 g fiber
Cornmeal	1 cup	Deep-fry calamari until golden and crisp. Remove and drain well.	18 g fat
Bay Valley Foods® Hot Banana Pepper Rings , drained	1/3 cup (1.5 oz.)	Place in a clean bowl with banana pepper rings and olive/chile oil.	2 g saturated fat
Olive oil mixed with 1 tsp. chile oil	1 Tbsp.	Toss well, coating calamari lightly with oil.	0 g trans fat
			159 mg cholesterol
			301 mg sodium



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