



## Air Fryer Calamari with Marinara

Active Time: 15 minutes | Total Time: 3 hours | Serves: 4

### Nutrition Information Per Serving

628.8 calories, 7.9 g carbohydrate, 3 g fiber, 4.9 g NET carbs, 51.31 g protein, 45.97 g fat

#### Ingredients

- 1 cup almond flour
- 16 Tbsp(s) Pork Panko
- 3 tsp(s) Old Bay Seasoning
- 8 ounce(s) calamari
- 1 large egg
- 1/2 cup(s) heavy cream

#### Preparation

1. Add egg and cream to a large bowl and whisk. Set aside.
2. Add almond flour, Old Bay and pork panko to a plate.
3. Dredge calamari rings in dairy mixture, then rinds/flour mixture.
4. Place coated rings in a single layer in the Air Fryer basket—do not crowd.
5. Air fry at 400°F for 10-14 minutes, or until golden brown and crisp.

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