



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.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.