



Absolutely Delicious Stuffed Calamari

READY IN



40 min.

SERVINGS



6

CALORIES



1161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup butter
- 12 calamari tubes
- 0.5 pound crab meat diced cooked
- 12 ounces cream cheese cut into cubes
- 2 cloves garlic minced
- 2 green onions finely chopped
- 1 pinch ground pepper black
- 1 tablespoon juice of lemon
- 0.5 pound shrimp meat cooked chopped

- 3 cups milk
- 10 ounces parmesan cheese freshly grated
- 8 ounce linguine pasta
- 0.8 cup romano cheese freshly grated

Equipment

- bowl
- sauce pan
- oven
- whisk
- pot
- baking pan
- toothpicks

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Rinse the calamari tubes and pat dry.
- In a large bowl, stir together the onions, 6 cloves of the garlic, shrimp, crabmeat and lemon juice. Spoon some of this mixture into each squid tube and seal the ends by 'sewing' with a toothpick. Arrange in a single layer in the bottom of a 9x13 inch baking dish. Set aside.
- Melt the butter in a saucepan over medium heat. Stir in cream cheese and 2 cloves of garlic. Cook and stir until cream cheese has melted. Gradually whisk in the milk. Cook until heated through and then remove from the heat and stir in the Parmesan cheese and pepper.
- Pour over all of the calamari tubes in the baking dish.
- Sprinkle about 2 tablespoons of Romano cheese on top of each one.
- Bake uncovered until the cheese is browned and sauce is bubbly. While the calamari is baking, Bring a large pot of lightly salted water to a boil.
- Add linguine pasta, and cook until al dente, about 8 minutes.
- Drain.
- Serve the stuffed calamari and sauce over a bed of linguine.

Nutrition Facts

PROTEIN 28.82% FAT 53.27% CARBS 17.91%

Properties

Glycemic Index:46.33, Glycemic Load:14.64, Inflammation Score:-9, Nutrition Score:45.403912938159%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 1161.25kcal (58.06%), Fat: 68.18g (104.89%), Saturated Fat: 39.03g (243.92%), Carbohydrates: 51.58g (17.19%), Net Carbohydrates: 50.24g (18.27%), Sugar: 9.32g (10.35%), Cholesterol: 807.08mg (269.03%), Sodium: 1749.07mg (76.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83g (166%), Selenium: 185.72µg (265.31%), Copper: 5mg (250.21%), Phosphorus: 1358.16mg (135.82%), Vitamin B12: 6.06µg (101.07%), Vitamin B2: 1.61mg (94.52%), Calcium: 888.49mg (88.85%), Zinc: 9.07mg (60.47%), Vitamin B3: 11.13mg (55.63%), Vitamin A: 2260.29IU (45.21%), Magnesium: 165.87mg (41.47%), Potassium: 1292.64mg (36.93%), Vitamin B6: 0.7mg (35.11%), Vitamin E: 5.19mg (34.62%), Vitamin B5: 3.31mg (33.07%), Manganese: 0.54mg (27.18%), Vitamin C: 15.01mg (18.2%), Iron: 2.91mg (16.16%), Vitamin B1: 0.22mg (14.66%), Folate: 52.35µg (13.09%), Vitamin K: 13.17µg (12.54%), Vitamin D: 1.68µg (11.19%), Fiber: 1.35g (5.39%)