



Adobong Pusit (Squid Adobo)



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 5 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion minced
- ☐ 1 tablespoon soya sauce
- ☐ 2.3 pounds squid rings cleaned
- ☐ 1 tomatoes chopped
- ☐ 0.5 cup water

☐ 0.5 cup vinegar white

Equipment

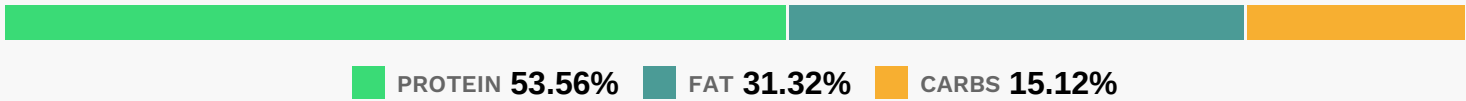
☐ sauce pan

☐ pot

Directions

- ☐ Combine the squid, vinegar, and water in a small pot over medium heat; season with salt and pepper. Cook for 10 minutes.
- ☐ Meanwhile, heat the olive oil in a saucepan over medium heat; cook and stir the onion and garlic in the hot oil until softened, 5 to 7 minutes. Stir the tomato and soy sauce into the mixture.
- ☐ Pour the squid mixture into the saucepan and bring to a simmer; cook together another 20 minutes.

Nutrition Facts



Properties

Glycemic Index:38.4, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:23.011304409608%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 256.11kcal (12.81%), Fat: 8.49g (13.07%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 8.61g (3.13%), Sugar: 1.32g (1.47%), Cholesterol: 475.59mg (158.53%), Sodium: 294.73mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.36%), Copper: 3.89mg (194.64%), Selenium: 91.85µg (131.21%), Vitamin B2: 0.86mg (50.38%), Phosphorus: 468.76mg (46.88%), Vitamin B12: 2.65µg (44.23%), Vitamin B3: 4.76mg (23.82%), Vitamin E: 3.39mg (22.62%), Zinc: 3.22mg (21.49%), Magnesium: 73.87mg (18.47%), Vitamin C: 14.37mg (17.42%), Potassium: 595.21mg (17.01%), Vitamin B5: 1.08mg (10.82%), Manganese: 0.18mg (9.12%), Iron:

1.64mg (9.1%), Vitamin B6: 0.17mg (8.66%), Calcium: 76.63mg (7.66%), Vitamin A: 273.21IU (5.46%), Vitamin K: 5.55µg (5.29%), Folate: 17.26µg (4.31%), Vitamin B1: 0.06mg (4.07%), Fiber: 0.61g (2.45%)