



Baby Octopus Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



10

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 lb baby octopuses frozen thawed cleaned (see cooks' note, below)
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon sea salt (preferably Sicilian)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 turkish or

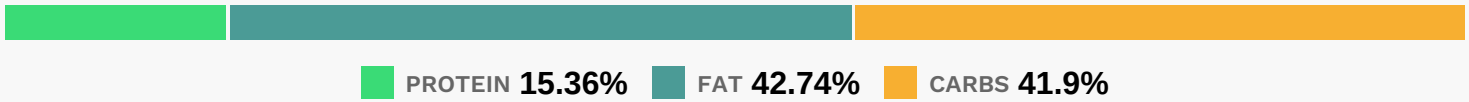
Equipment

- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ tongs
- ☐ colander

Directions

- ☐ Rinse octopuses under cold water, then cover with water by 2 inches in a 5- to 6-quart heavy pot. Bring to a boil with bay leaf, then reduce heat and simmer, covered, until octopuses are tender (tentacles can easily be pierced with a fork), about 45 minutes.
- ☐ Transfer octopuses to a colander with tongs, then discard cooking liquid and bay leaf. When cool enough to handle, cut off and discard heads and halve octopuses lengthwise. Cool to room temperature.
- ☐ Whisk together oil, lemon juice, sea salt, pepper, and oregano. Toss octopuses with dressing and marinate, stirring occasionally, 20 minutes at room temperature.
- ☐ •If you can't find baby octopuses, you can substitute a 2 1/2-lb regular octopus, though the texture will not be as delicate. Discard head of regular octopus, then cut body and tentacles into 2-inch pieces; follow baby- octopus cooking procedure (above), but simmer about 1 1/2 hours rather than 45 minutes.If your sea salt is very granular and pebblelike, crush it using the flat side of a large heavy knife or the bottom of a heavy skillet.•Octopuses can be cooked and cut (but not tossed with dressing) 1 day ahead and chilled, covered. Bring to room temperature before proceeding.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:4.39, Inflammation Score:-8, Nutrition Score:13.36130410692%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg

Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 157.77kcal (7.89%), Fat: 7.69g (11.83%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 10.24g (3.72%), Sugar: 6.53g (7.25%), Cholesterol: 0mg (0%), Sodium: 238.54mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.43%), Vitamin C: 46.54mg (56.41%), Vitamin K: 35.73µg (34.03%), Fiber: 6.71g (26.85%), Manganese: 0.5mg (25.22%), Vitamin B1: 0.3mg (20.22%), Folate: 75.53µg (18.88%), Vitamin A: 877.35IU (17.55%), Phosphorus: 123.62mg (12.36%), Vitamin B3: 2.4mg (11.99%), Iron: 1.91mg (10.61%), Copper: 0.2mg (10.24%), Vitamin B6: 0.2mg (9.94%), Magnesium: 39.14mg (9.79%), Zinc: 1.42mg (9.49%), Vitamin B2: 0.15mg (9%), Vitamin E: 1.28mg (8.54%), Potassium: 287.58mg (8.22%), Calcium: 37.26mg (3.73%), Selenium: 2.07µg (2.96%), Vitamin B5: 0.13mg (1.28%)