

 **64%**
HEALTH SCORE

Braised Calamari Stuffed with Shrimp, Spinach and Herbs

 Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



733 kcal

SIDE DISH

Ingredients

- 2 cups baby spinach coarsely chopped
- 0.5 cup bread crumbs
- 11 medium clean calamari tubes
- 28 ounce canned tomatoes italian canned
- 0.8 cup cooking wine dry white
- 2 eggs
- 2 cloves garlic smashed finely chopped

- 3 cloves garlic smashed coarsely chopped
- 4 servings kosher salt
- 4 servings olive oil extra-virgin
- 2 small onions diced finely
- 0.5 bunch oregano fresh chopped
- 0.5 cup parmigiano-reggiano grated
- 1 pinch pepper flakes red crushed
- 2 pinches pepper flakes red crushed
- 0.5 pound shrimp deveined peeled roughly chopped

Equipment

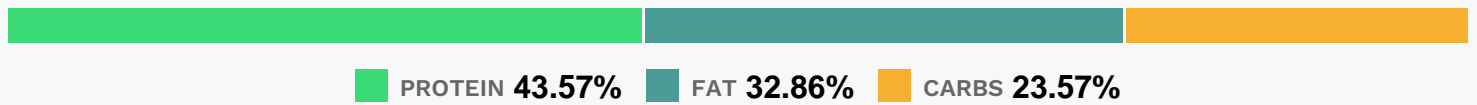
- food processor
- bowl
- frying pan
- sauce pan
- toothpicks

Directions

- Roughly chop 3 of the calamari tubes and add to a food processor with the coarsely chopped shrimp and garlic. Pulse into a coarse paste.
- Remove to a large bowl and add the spinach, eggs, bread crumbs, cheese, herbs, and pinch of crushed red pepper. Season with salt and stir to combine. The mixture should be a little chunky but moist and holding together. Test the seasoning of the mix by making a mini patty, cooking it in a small pan and eating it. It should taste really good! If it doesn't it is probably missing salt.
- Add more salt, to taste. Divide the stuffing among the 8 remaining calamari bodies and secure closed with toothpicks.
- Coat a large, wide skillet or saucepan with olive oil and add the onions and a pinch of crushed red pepper. Season with salt and put the saucepan over medium heat.
- Saute the onions until they are soft and aromatic, about 7 to 8 minutes.

- Add the garlic and cook another 2 minutes until fragrant. Stir in the wine and cook until the wine has reduced by half. Pass the tomatoes through a food mill or puree them in a food processor and add them and 1 cup of water to the pan. Season with salt, to taste, and simmer the sauce for 15 minutes.
- Add the calamari to the pan and cook for 20 to 25 minutes turning them over halfway through the cooking time.
- Remove the calamari from the pan and remove the toothpicks. Reduce the sauce to thicken, if needed. Arrange the calamari on a serving platter and cover with the sauce before serving.
- Deliciouso!

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:5.49, Inflammation Score:-9, Nutrition Score:52.040000065513%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 733.32kcal (36.67%), Fat: 25.56g (39.33%), Saturated Fat: 6.18g (38.65%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 35.8g (13.02%), Sugar: 11.78g (13.09%), Cholesterol: 950.53mg (316.84%), Sodium: 1016.4mg (44.19%), Alcohol: 4.64g (100%), Alcohol %: 0.79% (100%), Protein: 76.28g (152.56%), Copper: 6.92mg (346.2%), Selenium: 162.92µg (232.75%), Phosphorus: 1098.47mg (109.85%), Vitamin B2: 1.71mg (100.55%), Vitamin K: 93.81µg (89.34%), Vitamin B12: 4.68µg (78.05%), Vitamin E: 9.09mg (60.61%), Vitamin B3: 10.8mg (54.02%), Potassium: 1796.26mg (51.32%), Magnesium: 203.62mg (50.91%), Vitamin C: 41.75mg (50.6%), Zinc: 7.41mg (49.41%), Manganese: 0.93mg (46.66%), Vitamin A: 2183.94IU (43.68%), Calcium: 430.63mg (43.06%), Iron: 7.06mg (39.24%), Vitamin B6: 0.69mg (34.54%), Vitamin B5: 2.77mg (27.67%), Vitamin B1: 0.4mg (26.47%), Folate: 104.59µg (26.15%), Fiber: 5.46g (21.84%), Vitamin D: 0.5µg (3.35%)