



Brick Grilled Baby Squid with Tamarind-Mint Dressing

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 4 servings mint leaves fresh chopped
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 4 servings vegetable oil; peanut oil preferred
- ☐ 0.3 cup rice wine vinegar

- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings salt and pepper white freshly ground
- ☐ 1.5 pounds squid bodies cleaned
- ☐ 3 tablespoons tamarind paste

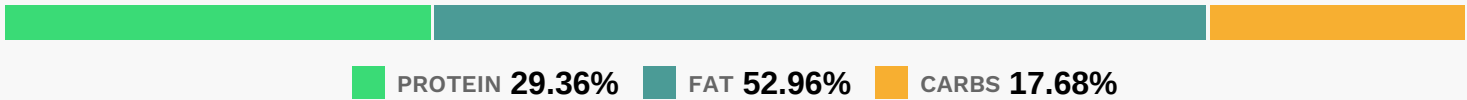
Equipment

- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Special equipment: 2 large bricks wrapped twice in aluminum foil
- ☐ Heat grill to high heat.
- ☐ Brush squid with oil on both sides and season with salt and white pepper.
- ☐ Place the squid on the grill close together and lay the bricks over the squid. Grill for 2 to 3 minutes on 1 side, remove bricks, turn the squid over and place the bricks back on the squid and continue grilling for 2 to 3 minutes.
- ☐ Remove the squid from the grill, place on a platter and immediately drizzle with the Tamarind-Mint Dressing.
- ☐ Garnish with chopped mint.
- ☐ Combine tamarind, vinegar, orange juice, mint, mustard and salt and pepper in a blender and blend until smooth. Adjust seasoning.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:5.31, Inflammation Score:-4, Nutrition Score:22.633478142645%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 376.52kcal (18.83%), Fat: 21.98g (33.81%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 14.9g (5.42%), Sugar: 5.98g (6.65%), Cholesterol: 396.33mg (132.11%), Sodium: 287.79mg (12.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.84%), Copper: 3.27mg (163.39%), Selenium: 76.94µg (109.92%), Vitamin B2: 0.74mg (43.51%), Phosphorus: 401.08mg (40.11%), Vitamin B12: 2.21µg (36.85%), Vitamin E: 5.11mg (34.06%), Vitamin C: 18.1mg (21.94%), Vitamin B3: 4.1mg (20.48%), Magnesium: 75.24mg (18.81%), Zinc: 2.71mg (18.06%), Potassium: 555.52mg (15.87%), Iron: 2.08mg (11.57%), Manganese: 0.22mg (10.9%), Vitamin B5: 0.92mg (9.17%), Calcium: 83.72mg (8.37%), Vitamin B1: 0.11mg (7.07%), Fiber: 1.6g (6.4%), Vitamin B6: 0.12mg (5.92%), Vitamin A: 293.4IU (5.87%), Folate: 20.54µg (5.13%)