

food
network

 **100%**
HEALTH SCORE

Calamaretti alla Amalfitana



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



876 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bunch basil



5.5 pounds baby calamari whole cleaned peeled



4 cloves garlic thinly sliced



2 baby eggplant sliced lengthwise into 6 pieces each



1 juice of lemon



1 medium onion red thinly sliced



2 roma tomatoes chopped



4 ounces virgin olive oil

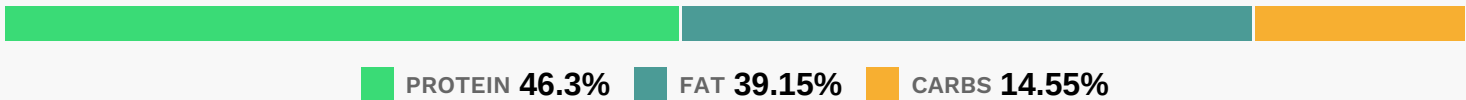
Equipment

☐ frying pan

Directions

- ☐ In a 12 inch to 14 inch saute pan, heat together oil, onion and garlic over medium high heat until soft, about 8 to 10 minutes.
- ☐ Add eggplant and cook until just softened.
- ☐ Add tomatoes and lemon and season with salt and pepper and cook until they fall apart, about 4 to 5 minutes.
- ☐ Add calamari, season again, and cook until just opaque, about 2 minutes per side.
- ☐ Add basil and toss. Arrange on platter and serve.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:2.15, Inflammation Score:-7, Nutrition Score:48.60999998839%

Flavonoids

Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg, Delphinidin: 96.83mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 875.81kcal (43.79%), Fat: 37.3g (57.38%), Saturated Fat: 6.21g (38.81%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 26.84g (9.76%), Sugar: 6.2g (6.88%), Cholesterol: 1453.2mg (484.4%), Sodium: 280.57mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.26g (198.52%), Copper: 11.93mg (596.31%), Selenium: 280.33µg (400.47%), Vitamin B2: 2.63mg (154.75%), Phosphorus: 1427.2mg (142.72%), Vitamin B12: 8.11µg (135.13%), Vitamin E: 12.11mg (80.72%), Vitamin B3: 14.59mg (72.96%), Zinc: 9.88mg (65.85%), Magnesium: 230.28mg

(57.57%), Potassium: 1932.6mg (55.22%), Vitamin C: 42.28mg (51.25%), Vitamin B5: 3.53mg (35.29%), Manganese: 0.63mg (31.26%), Vitamin K: 31.93µg (30.41%), Iron: 4.92mg (27.34%), Vitamin B6: 0.55mg (27.29%), Calcium: 228.88mg (22.89%), Fiber: 4.35g (17.39%), Folate: 68.87µg (17.22%), Vitamin B1: 0.2mg (13.43%), Vitamin A: 596.81IU (11.94%)