



WHATSheATE



## Calamari Cocktail



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

SIDE DISH

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound calamari tubes fresh rinsed
- ☐ 1 garlic clove
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons hot sauce
- ☐ 0.5 cup catsup
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup onion diced

- ☐ 1 tablespoon orange juice
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sacramento tomato juice
- ☐ 6 servings tomato sauce

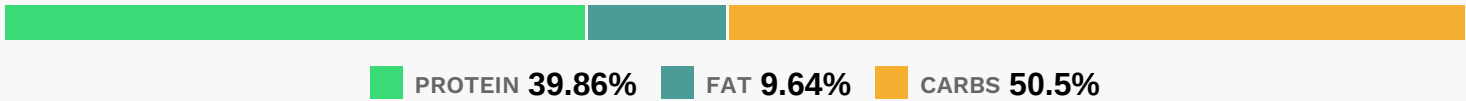
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

## Directions

- ☐ Process first 11 ingredients in a food processor or blender 1 minute or until smooth.
- ☐ Blanch calamari 1 minute in 8 cups of lightly salted boiling water. Plunge calamari into ice water to stop cooking process.
- ☐ Drain and combine with pepper mixture in a medium bowl.
- ☐ Serve warm or chilled in 6 glasses, and top with Tomato Sauce.

## Nutrition Facts



## Properties

Glycemic Index:44.93, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:16.614347831063%

## Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

## Nutrients (% of daily need)

Calories: 131.8kcal (6.59%), Fat: 1.48g (2.28%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 15.28g (5.55%), Sugar: 10.8g (12%), Cholesterol: 176.15mg (58.72%), Sodium: 1105.54mg (48.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.53%), Copper: 1.6mg (80.22%), Selenium: 34.92µg (49.88%), Vitamin C: 21.86mg (26.5%), Vitamin B2: 0.44mg (25.69%), Phosphorus: 212.46mg (21.25%), Vitamin E: 3.02mg (20.13%), Potassium: 668.13mg (19.09%), Vitamin B3: 3.28mg (16.4%), Vitamin B12: 0.98µg (16.38%), Vitamin A: 732.24IU (14.64%), Magnesium: 49.27mg (12.32%), Vitamin B6: 0.24mg (11.77%), Manganese: 0.22mg (11.07%), Iron: 1.89mg (10.49%), Zinc: 1.51mg (10.09%), Fiber: 2.16g (8.65%), Vitamin B5: 0.83mg (8.29%), Folate: 22.66µg (5.66%), Calcium: 50.01mg (5%), Vitamin K: 4.63µg (4.41%), Vitamin B1: 0.06mg (4.2%)