



Calamari in the Luciana Style



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings bell pepper red hot crushed
- ☐ 0.5 cup cooking wine dry white
- ☐ 6 cloves garlic peeled sliced
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 1 teaspoon red-wine vinegar
- ☐ 6 servings salt
- ☐ 5 ounce squid rings (3 pounds total)

☐ 4 thyme sprigs fresh

Equipment

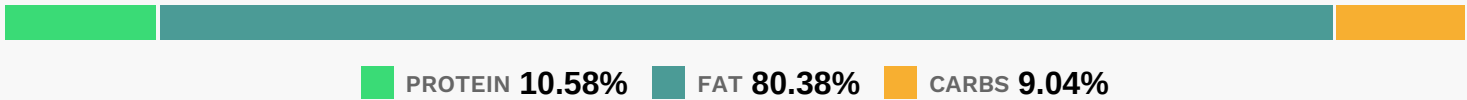
☐ frying pan

☐ colander

Directions

- ☐ Clean the calamari according to directions on page 40, leaving the skin intact if you prefer.
- ☐ Cut the bodies into 1/2-inch rings and set them and the tentacles in a colander to drain well.
- ☐ Heat the olive oil in a wide, heavy skillet over medium heat. Scatter the garlic over the oil and cook, shaking the pan, until golden, about 1 minute. Increase the heat to high, scatter the calamari in the skillet, and season with the thyme and lightly with crushed red pepper. Cook, stirring regularly, until the water from the calamari has evaporated and the calamari have begun to caramelize, 6 to 8 minutes.
- ☐ Sprinkle the vinegar over the calamari and scrape up the browned bits from the pan.
- ☐ Pour in the wine and bring to a boil, continuing to scrape the skillet. Cook until the wine is evaporated and the calamari are golden, about 5 minutes. Season with salt and crushed red pepper to taste, stir in the parsley, and serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Lidia's Italian-American Kitchen by Lidia Matticchio Bastianich Copyright (c) 2001 by Lidia Matticchio Bastianich Published by Knopf.Lidia Bastianich hosts the hugely popular PBS show, "Lidia's Italian-American kitchen" and owns restaurants in New York City, Kansas City, and Pittsburgh. Also the author of Lidia's Italian Table and Lidia's Italian-American Kitchen, she lives in Douglaston, New York. Jay Jacob's journalism has appeared in many national magazines.From the Trade Paperback edition.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:10.902174006338%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 174.64kcal (8.73%), Fat: 14.68g (22.58%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.41g (0.45%), Cholesterol: 55.05mg (18.35%), Sodium: 241.7mg (10.51%), Alcohol: 2.06g (100%), Alcohol %: 3.75% (100%), Protein: 4.35g (8.69%), Vitamin K: 92.67µg (88.26%), Copper: 0.49mg (24.38%), Vitamin A: 1053.94IU (21.08%), Vitamin E: 3.1mg (20.68%), Selenium: 11.44µg (16.35%), Vitamin C: 9.78mg (11.86%), Vitamin B2: 0.13mg (7.67%), Phosphorus: 70.07mg (7.01%), Manganese: 0.14mg (6.81%), Iron: 1.12mg (6.23%), Vitamin B6: 0.11mg (5.46%), Vitamin B12: 0.31µg (5.12%), Potassium: 155.61mg (4.45%), Vitamin B3: 0.87mg (4.34%), Magnesium: 17.13mg (4.28%), Fiber: 1.02g (4.07%), Zinc: 0.57mg (3.82%), Calcium: 31.3mg (3.13%), Folate: 9.93µg (2.48%), Vitamin B5: 0.19mg (1.85%), Vitamin B1: 0.02mg (1.42%)