



Calamari-Mango Salad

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 slices baguette toasted
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 mangoes diced ripe
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon salt

- ☐ 1 shallots minced
- ☐ 1 pound squid rings fresh thawed drained
- ☐ 2 tablespoons citrus champagne vinegar

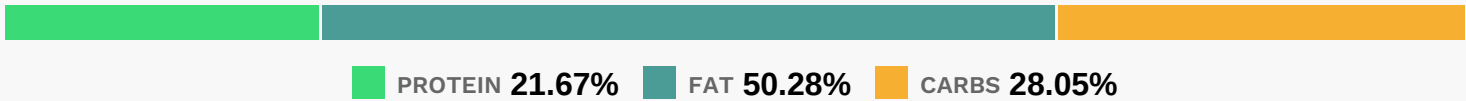
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Cut squid tubes into rings. Blanch in boiling water to cover 30 seconds or until opaque. (Water doesn't have to return to a rolling boil.) Don't overcook or squid will become tough. Plunge in ice water to chill.
- ☐ Drain.
- ☐ Combine squid, mangoes, and lime juice in a small bowl.
- ☐ Whisk together mustard, vinegar, and olive oil. Stir in cilantro and next 3 ingredients. Fold in squid mixture.
- ☐ Cover and chill until ready to serve. Top baguette slices with salad, using a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:83.17, Glycemic Load:13.47, Inflammation Score:-8, Nutrition Score:29.363913121431%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 478.4kcal (23.92%), Fat: 27.11g (41.7%), Saturated Fat: 4.06g (25.35%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 30.96g (11.26%), Sugar: 20.49g (22.76%), Cholesterol: 352.29mg (117.43%), Sodium: 579.74mg (25.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.57%), Copper: 3.05mg (152.34%), Selenium: 72.24µg (103.2%), Vitamin C: 64.48mg (78.16%), Vitamin E: 6.64mg (44.29%), Vitamin B2: 0.72mg (42.36%), Phosphorus: 378.53mg (37.85%), Vitamin A: 1647.91IU (32.96%), Vitamin B12: 1.97µg (32.76%), Vitamin K: 25.23µg (24.03%), Vitamin B3: 4.79mg (23.97%), Folate: 84.37µg (21.09%), Potassium: 689.32mg (19.69%), Magnesium: 73.27mg (18.32%), Zinc: 2.62mg (17.44%), Vitamin B6: 0.3mg (15.12%), Manganese: 0.27mg (13.54%), Fiber: 3.07g (12.3%), Vitamin B5: 1.14mg (11.42%), Iron: 2.04mg (11.32%), Vitamin B1: 0.15mg (10.1%), Calcium: 86.53mg (8.65%)