



Calamari Marinara

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups lightly baby spinach fresh packed
- ☐ 2 tablespoons butter
- ☐ 2.5 pound calamari tubes and tentacles frozen thawed cleaned
- ☐ 14 ounce canned tomatoes crushed canned
- ☐ 2 cups chicken broth
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 0.3 cup olives ripe sliced
- ☐ 0.5 cup onion diced
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 1 tablespoon pinenuts
- ☐ 0.8 teaspoon salt

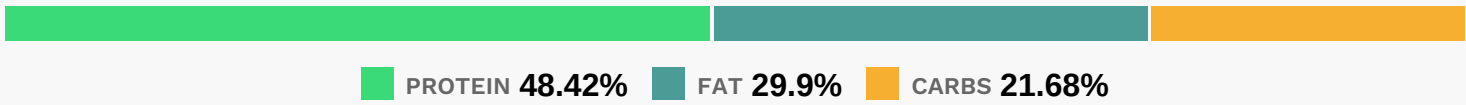
Equipment

- ☐ frying pan

Directions

- ☐ Cut calamari tubes into 1/4-inch-thick rings. Melt butter in a large skillet over medium-high heat.
- ☐ Add garlic and onion; saut 3 minutes or until tender and lightly browned.
- ☐ Add calamari rings and tentacles, broth, and next 5 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 30 minutes.
- ☐ Add spinach, olives, and pine nuts; simmer 8 minutes or until spinach wilts.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:33.515217490818%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 274.47kcal (13.72%), Fat: 8.87g (13.65%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 12.12g (4.41%), Sugar: 4.12g (4.58%), Cholesterol: 451.96mg (150.65%), Sodium: 888.11mg (38.61%), Alcohol: 1.03g (100%), Alcohol %: 0.33% (100%), Protein: 32.32g (64.63%), Copper: 3.78mg (188.85%), Vitamin K: 142.94µg (136.13%), Selenium: 85.99µg (122.85%), Vitamin B2: 0.91mg (53.68%), Vitamin A: 2433.13IU (48.66%), Phosphorus: 472.52mg (47.25%), Vitamin B12: 2.48µg (41.34%), Manganese: 0.64mg (32%), Vitamin C: 25.38mg (30.77%), Vitamin B3: 5.41mg (27.03%), Vitamin E: 4.04mg (26.9%), Magnesium: 101.47mg (25.37%), Potassium: 847.7mg (24.22%), Zinc: 3.43mg (22.85%), Iron: 3.12mg (17.36%), Folate: 64.25µg (16.06%), Vitamin B6: 0.29mg (14.5%), Calcium: 121.63mg (12.16%), Vitamin B5: 1.2mg (12.04%), Fiber: 2.35g (9.39%), Vitamin B1: 0.14mg (9.27%)