



Calamari-Olive Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup celery finely chopped
- ☐ 0.3 cup celery leaves chopped
- ☐ 1 tablespoon juice of lemon fresh to taste
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup olives finely chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 2 pounds squid rings cleaned

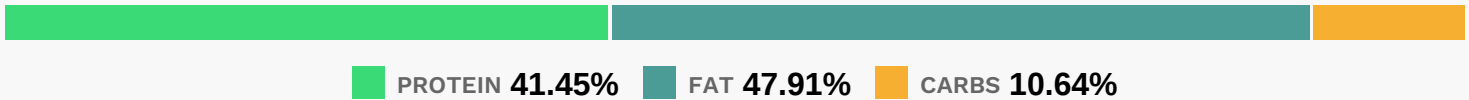
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot

Directions

- ☐ Rinse squid under cold running water, then pat dry between paper towels. Halve tentacles lengthwise and cut bodies (including flaps, if attached) crosswise into 1/8-inch-wide rings. Cook in a 4-quart pot of boiling salted water (1 tablespoon salt for 3 quarts water), uncovered, until just opaque, 30 to 40 seconds.
- ☐ Drain and immediately transfer to an ice bath to stop cooking. When squid is cool, drain and pat dry.
- ☐ Meanwhile, combine remaining ingredients and 1/4 teaspoon salt in a large bowl.
- ☐ Add squid and toss until combined well.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:20.123912759449%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 234.65kcal (11.73%), Fat: 12.28g (18.9%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.4g (1.96%), Sugar: 0.5g (0.55%), Cholesterol: 352.29mg (117.43%), Sodium: 199.64mg (8.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.82%), Copper: 2.88mg (143.93%), Selenium: 67.92µg

(97.02%), Vitamin B2: 0.64mg (37.6%), Phosphorus: 341.24mg (34.12%), Vitamin B12: 1.97µg (32.76%), Vitamin E: 3.48mg (23.21%), Vitamin K: 22.52µg (21.45%), Vitamin B3: 3.41mg (17.03%), Zinc: 2.36mg (15.76%), Magnesium: 54.09mg (13.52%), Potassium: 442.39mg (12.64%), Vitamin C: 10.13mg (12.28%), Vitamin B5: 0.81mg (8.12%), Iron: 1.24mg (6.89%), Calcium: 64.47mg (6.45%), Vitamin B6: 0.11mg (5.3%), Folate: 18.64µg (4.66%), Vitamin A: 219.29IU (4.39%), Manganese: 0.08mg (4.07%), Fiber: 0.73g (2.94%), Vitamin B1: 0.04mg (2.64%)