



Calamari on Pasta

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



518 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 ounce tomato sauce canned
- 2 cloves garlic thinly sliced
- 1 pound linguini
- 3 tablespoons olive oil
- 0.5 cup parsley leaves chopped
- 6 servings salt and pepper black freshly ground
- 1 shallots thinly sliced
- 1.5 pounds squid rings cleaned

- 0.3 cup water
- 1 cup white wine

Equipment

- frying pan
- pot
- colander

Directions

- Cut squid bodies in half lengthwise and then cut in half widthwise. If the tentacles are large, cut them in half lengthwise. Set aside.
- Heat olive oil in a large saute pan.
- Add garlic and shallot and cook over medium-high heat for about 5 minutes.
- Add tomato sauce, 1/4 cup water and white wine. Cook sauce over high heat for 5 minutes, until it reduces and thickens. Season with salt and pepper, to taste.
- Add all but 1 tablespoon of the parsley to the tomato sauce, lower heat, and simmer, uncovered, for about 15 minutes.
- Meanwhile, bring a large pot of salted water to a boil, then add linguini or spaghetti and cook until tender (time will vary according to freshness of pasta, but it should take at least 7 minutes).
- Drain well, shaking colander gently to remove excess moisture.
- Add calamari to tomato sauce, and cook for 3 to 5 minutes, or until just cooked through. Taste for seasoning, and add more salt and pepper, if desired.
- Add the drained pasta and toss well. To serve, garnish with remaining parsley.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:25.44, Inflammation Score:-8, Nutrition Score:31.020434586898%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 517.77kcal (25.89%), Fat: 10.16g (15.62%), Saturated Fat: 1.65g (10.28%), Carbohydrates: 69.42g (23.14%), Net Carbohydrates: 64.67g (23.52%), Sugar: 7.49g (8.33%), Cholesterol: 264.22mg (88.07%), Sodium: 687.65mg (29.9%), Alcohol: 4.12g (100%), Alcohol %: 1.34% (100%), Protein: 29.49g (58.98%), Selenium: 99.62µg (142.31%), Copper: 2.53mg (126.62%), Vitamin K: 90.37µg (86.06%), Manganese: 0.97mg (48.55%), Phosphorus: 443.5mg (44.35%), Vitamin B2: 0.61mg (35.97%), Vitamin E: 4.4mg (29.32%), Vitamin C: 21.89mg (26.53%), Magnesium: 105.23mg (26.31%), Potassium: 915.89mg (26.17%), Vitamin B3: 5.19mg (25.97%), Vitamin B12: 1.47µg (24.57%), Zinc: 3.22mg (21.49%), Vitamin A: 1032.27IU (20.65%), Iron: 3.56mg (19.77%), Fiber: 4.75g (18.99%), Vitamin B6: 0.35mg (17.6%), Vitamin B5: 1.36mg (13.59%), Folate: 40.65µg (10.16%), Vitamin B1: 0.13mg (8.89%), Calcium: 85.35mg (8.53%)