



Calamari Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 rib celery stalks cut into 1/4-inch-thick slices
- ☐ 1 cup parsley fresh loosely packed
- ☐ 1 large garlic clove minced
- ☐ 0.3 cup kalamata olives pitted halved lengthwise
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 cup onion red halved lengthwise thinly sliced

- ☐ 1 tablespoon red-wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 lb squid rings cleaned
- ☐ 0.8 lb grape tomatoes halved quartered

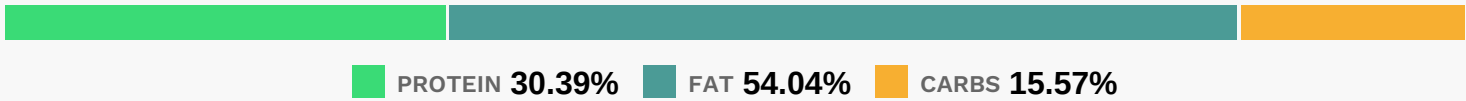
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Rinse squid under cold running water, then lightly pat dry between paper towels. Halve tentacles lengthwise and cut bodies (including flaps, if attached) crosswise into 1/3-inch-wide rings.
- ☐ Cook squid in a 5- to 6-quart pot of boiling salted water, uncovered, until just opaque, 40 to 60 seconds.
- ☐ Drain in a colander and immediately transfer to a bowl of ice and cold water to stop cooking. When squid is cool, drain and pat dry.
- ☐ Whisk together lemon juice, vinegar, oil, garlic, salt, and pepper in a small bowl, then stir in onion and let stand 5 minutes.
- ☐ Meanwhile, combine squid, olives, tomatoes, celery, and parsley in a large bowl. Toss with dressing and season with salt and pepper.
- ☐ Let stand at least 15 minutes to allow flavors to develop.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:31.884347563205%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 372.49kcal (18.62%), Fat: 22.42g (34.5%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 11.89g (4.32%), Sugar: 4.32g (4.81%), Cholesterol: 396.33mg (132.11%), Sodium: 556.57mg (24.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.75%), Vitamin K: 264.24µg (251.65%), Copper: 3.32mg (166.12%), Selenium: 76.64µg (109.49%), Vitamin C: 45.73mg (55.43%), Vitamin B2: 0.75mg (43.87%), Phosphorus: 419.44mg (41.94%), Vitamin A: 2076.65IU (41.53%), Vitamin E: 5.66mg (37.71%), Vitamin B12: 2.21µg (36.85%), Vitamin B3: 4.5mg (22.49%), Potassium: 781.63mg (22.33%), Zinc: 3mg (19.98%), Magnesium: 79.29mg (19.82%), Iron: 2.61mg (14.49%), Folate: 53.72µg (13.43%), Manganese: 0.26mg (13.22%), Vitamin B6: 0.24mg (12.09%), Fiber: 2.64g (10.58%), Vitamin B5: 1.06mg (10.55%), Calcium: 101.83mg (10.18%), Vitamin B1: 0.1mg (6.85%)