



Calamari Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup celery chopped
- ☐ 1 cup cucumber chopped
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 bunch cilantro leaves fresh chopped
- ☐ 1 bunch parsley fresh chopped
- ☐ 2 cloves garlic pressed
- ☐ 1 bell pepper green chopped
- ☐ 1 bunch green onions fresh chopped

- ☐ 1 jalapeno finely chopped
- ☐ 1 cup jicama shredded peeled
- ☐ 0.5 cup olive oil
- ☐ 1 bell pepper red chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 1 pound squid rings cleaned cut into rings and tentacles
- ☐ 1 cup water
- ☐ 1 bell pepper yellow chopped

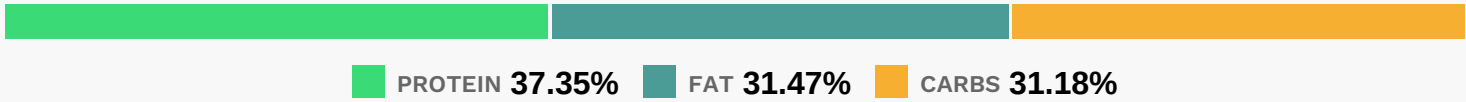
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a small bowl, mix the olive oil, red wine vinegar, and garlic.
- ☐ In a medium saucepan, bring the wine and water to a low boil. Stir in the squid and cook until opaque, about 2 minutes.
- ☐ Drain and cool.
- ☐ In a large bowl, mix the celery, cilantro, green bell pepper, red bell pepper, yellow bell pepper, cucumber, green onions, parsley, jicama, and jalapeno. Toss gently with the squid and the olive oil dressing mixture. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:20.289565034535%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin:

0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 15.72mg, Apigenin: 15.72mg, Apigenin: 15.72mg, Apigenin: 15.72mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 128.11kcal (6.41%), Fat: 3.72g (5.72%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 6.09g (2.21%), Sugar: 2.18g (2.42%), Cholesterol: 132.11mg (44.04%), Sodium: 45.88mg (1.99%), Alcohol: 3.09g (100%), Alcohol %: 1.63% (100%), Protein: 9.94g (19.87%), Vitamin K: 133.47µg (127.11%), Vitamin C: 77.69mg (94.17%), Copper: 1.15mg (57.39%), Selenium: 25.81µg (36.88%), Vitamin A: 1324.1IU (26.48%), Vitamin B2: 0.29mg (16.88%), Phosphorus: 158.25mg (15.82%), Vitamin B12: 0.74µg (12.28%), Potassium: 390.19mg (11.15%), Vitamin E: 1.62mg (10.79%), Vitamin B6: 0.2mg (9.93%), Folate: 37.71µg (9.43%), Magnesium: 37.44mg (9.36%), Vitamin B3: 1.84mg (9.2%), Manganese: 0.18mg (8.9%), Fiber: 2.21g (8.82%), Zinc: 1.16mg (7.75%), Iron: 1.37mg (7.61%), Vitamin B5: 0.52mg (5.2%), Calcium: 49.59mg (4.96%), Vitamin B1: 0.05mg (3.66%)