



Calamari Steaks Parmigiano

READY IN



20 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 calamari tubes
- ☐ 2 cloves garlic minced
- ☐ 0.8 cup seasoned bread crumbs italian
- ☐ 0.3 cup milk
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 slices provolone cheese
- ☐ 1.5 cups spaghetti sauce

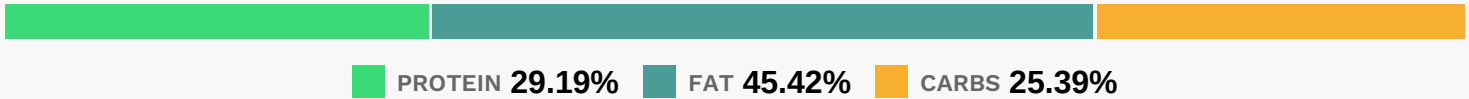
Equipment

- ☐ frying pan

Directions

- ☐ Slice the calamari tubes open so they can lay flat. Rinse and pat dry; set aside.
- ☐ Mix the bread crumbs and Parmesan cheese together in a pie tin or on a plate.
- ☐ Pour the milk into a separate dish. Dip the calamari steaks in milk, then press into the bread crumb mixture to coat.
- ☐ Heat the olive oil in a large skillet over medium-high heat until hot. Quickly add the steaks and cook until golden brown on each side, about 3 minutes per side. They should be golden brown but be careful not to over cook or they will be tough.
- ☐ Reduce heat to low and add garlic and then spaghetti sauce to the pan. Top each steak with a slice of provolone cheese. Cover with a lid just until the cheese has melted, about 2 minutes.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:26.853478182917%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 415.83kcal (20.79%), Fat: 20.96g (32.25%), Saturated Fat: 6.73g (42.07%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 23.86g (8.68%), Sugar: 5.42g (6.02%), Cholesterol: 300.2mg (100.07%), Sodium: 1042.65mg (45.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.31g (60.62%), Copper: 2.44mg (122.03%), Selenium: 65.31µg (93.31%), Phosphorus: 481.39mg (48.14%), Vitamin B2: 0.75mg (44.28%), Vitamin B12: 2.08µg (34.71%), Calcium: 312.68mg (31.27%), Vitamin E: 4.42mg (29.45%), Vitamin B3: 4.97mg (24.87%), Zinc: 3.32mg (22.16%), Manganese: 0.39mg (19.73%), Potassium: 686.76mg (19.62%), Vitamin K: 19.84µg (18.89%), Vitamin B1: 0.28mg (18.61%), Magnesium: 73.44mg (18.36%), Iron: 3.02mg (16.76%), Vitamin C: 13.15mg (15.94%), Vitamin A: 726.95IU (14.54%), Vitamin B6: 0.24mg (12.13%), Vitamin B5: 1.2mg (12.01%), Folate: 43.36µg (10.84%),

Fiber: 2.51g (10.05%), Vitamin D: 0.29µg (1.96%)