



WHATShEATE



Calamari Stew with Garlic Toast



Dairy Free

READY IN



12 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 slices bread
- ☐ 2 pounds calamari whole thinly sliced (squid)
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 cloves garlic cut in 1/2
- ☐ 2 tablespoons olive oil
- ☐ 6 servings olive oil for drizzling
- ☐ 1 teaspoon pepper flakes red

- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups tomato sauce
- ☐ 1 cup white wine
- ☐ 2 cloves garlic whole

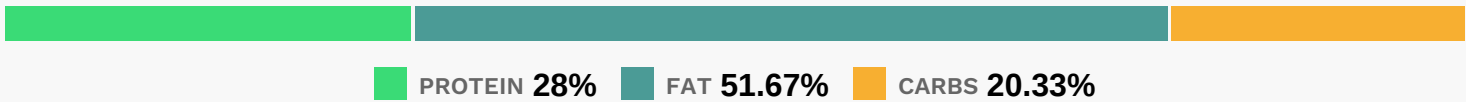
Equipment

- ☐ oven
- ☐ pot

Directions

- ☐ For the Calamari Stew: Warm the olive oil over medium heat in a medium pot.
- ☐ Add the garlic and let cook until fragrant, about 2 minutes.
- ☐ Remove the garlic.
- ☐ Add the tomato sauce, white wine, thyme, red pepper flakes, salt, and pepper. Bring the mixture to a simmer.
- ☐ Add the calamari and stir to combine. Continue to cook until the mixture comes back up to a simmer, about 2 more minutes.
- ☐ Serve immediately with the Garlic Toasts.
- ☐ For the Garlic Toast: Preheat the oven to 350 degrees F.
- ☐ Meanwhile, drizzle the bread slices with olive oil. Toast until the bread is crisp and turning golden brown, about 8 to 10 minutes.
- ☐ Remove from the oven and rub the top of the toasts with whole garlic cloves.
- ☐ Serve immediately with the Calamari Stew.

Nutrition Facts



Properties

Glycemic Index:42.61, Glycemic Load:6.37, Inflammation Score:-7, Nutrition Score:24.765217096909%

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 409.89kcal (20.49%), Fat: 21.88g (33.66%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 17.31g (6.29%), Sugar: 4.04g (4.49%), Cholesterol: 352.29mg (117.43%), Sodium: 695.57mg (30.24%), Alcohol: 4.12g (100%), Alcohol %: 1.72% (100%), Protein: 26.68g (53.36%), Copper: 2.98mg (149.13%), Selenium: 73.94µg (105.63%), Vitamin B2: 0.73mg (42.92%), Phosphorus: 389.4mg (38.94%), Vitamin E: 5.7mg (37.98%), Vitamin B12: 1.97µg (32.76%), Vitamin B3: 5.15mg (25.76%), Manganese: 0.47mg (23.26%), Potassium: 657.89mg (18.8%), Magnesium: 74.09mg (18.52%), Zinc: 2.76mg (18.39%), Vitamin C: 13.31mg (16.13%), Iron: 2.77mg (15.37%), Vitamin K: 14.97µg (14.26%), Vitamin B5: 1.17mg (11.66%), Vitamin B6: 0.23mg (11.44%), Vitamin A: 475.44IU (9.51%), Calcium: 92.44mg (9.24%), Vitamin B1: 0.13mg (8.75%), Fiber: 2.07g (8.26%), Folate: 30.59µg (7.65%)