



WHATSheATE



HEALTH SCORE

60%

Calamari Stewed with Tomatoes



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



95 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds calamari cleaned sliced into rings and tentacles roughly chopped (squid)
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 onion sliced
- ☐ 1 fennel bulb chopped
- ☐ 3 garlic cloves chopped
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup red wine
- ☐ 28 ounce canned tomatoes crushed canned

- ☐ 4 servings salt and pepper
- ☐ 0.5 cup parsley chopped
- ☐ 0.3 cup fennel fronds chopped
- ☐ 0.3 cup sambuca

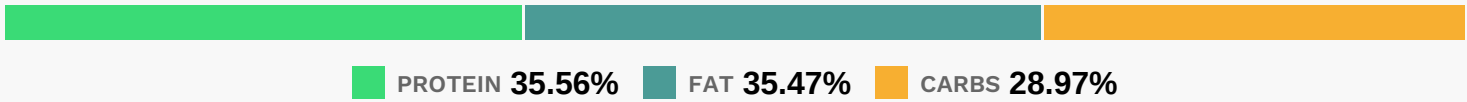
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a large pot over medium–high heat. When the oil is hot, add the onions and fennel. Stir to coat with oil and sauté, stirring occasionally, until it begins to color, about 5–6 minutes.
- ☐ Sprinkle some salt over it.
- ☐ Add the garlic cloves and tomato paste and stir well to combine. Cook this for another 2–3 minutes, stirring once or twice.
- ☐ Add the red wine, stir well, and increase the heat to high. Boil until the liquid is reduced by half.
- ☐ Add the Sambuca or other anise–flavored liquor, and the crushed tomatoes.
- ☐ in the calamari and bring the pot to a gentle simmer. Simmer for at least 1 hour. After an hour, taste a piece of calamari; It should be tender. If it’s not, keep simmering. Check for tenderness every 15 minutes afterward.
- ☐ Season to taste with salt and pepper: Once the calamari is tender, taste the stew for salt and pepper, adding if needed.
- ☐ Add the chopped parsley and fennel fronds. Stir well to combine and serve.

Nutrition Facts



Properties

Glycemic Index:73, Glycemic Load:6.89, Inflammation Score:-9, Nutrition Score:42.287826081981%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 16.25mg, Apigenin: 16.25mg, Apigenin: 16.25mg, Apigenin: 16.25mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg, Quercetin: 6.41mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 525kcal (26.25%), Fat: 17.95g (27.61%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 26.14g (9.51%), Sugar: 13.84g (15.38%), Cholesterol: 528.44mg (176.15%), Sodium: 660.49mg (28.72%), Alcohol: 11.37g (100%), Alcohol %: 2.31% (100%), Protein: 40.48g (80.97%), Copper: 4.76mg (237.98%), Vitamin K: 183.4µg (174.67%), Selenium: 104.25µg (148.93%), Vitamin B2: 1.11mg (65.1%), Phosphorus: 633.5mg (63.35%), Vitamin C: 51.05mg (61.88%), Vitamin E: 8mg (53.31%), Vitamin B12: 2.95µg (49.14%), Potassium: 1652.59mg (47.22%), Vitamin B3: 8.31mg (41.53%), Manganese: 0.76mg (37.82%), Magnesium: 143.03mg (35.76%), Iron: 5.75mg (31.95%), Zinc: 4.43mg (29.52%), Vitamin B6: 0.57mg (28.7%), Fiber: 6.84g (27.37%), Vitamin A: 1342.93IU (26.86%), Calcium: 200.06mg (20.01%), Vitamin B5: 1.94mg (19.41%), Folate: 72.65µg (18.16%), Vitamin B1: 0.23mg (15.53%)