



Calamari Tacos with Salsa Naranja



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chipotle chili powder (Korean chili pepper flakes)
- ☐ 12 corn tortillas lightly toasted
- ☐ 2 cloves garlic chopped
- ☐ 1 thumb ginger grated
- ☐ 1 juice of lime
- ☐ 1 juice of orange
- ☐ 1 tablespoon oil
- ☐ 1.5 cups onion and cilantro relish

- ☐ 1 cup salsa naranja
- ☐ 0.5 teaspoon sesame oil
- ☐ 4 tablespoons sesame seed toasted
- ☐ 1 tablespoon soya sauce
- ☐ 1.5 pound squid rings sliced

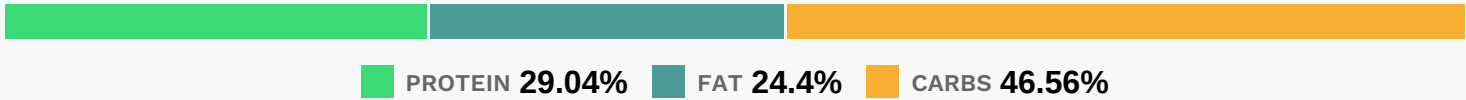
Equipment

- ☐ frying pan

Directions

- ☐ Marinate the squid in the orange juice, lime juice, garlic, ginger, soy sauce, sesame oil and chili powder for 30 minutes.
- ☐ Heat the oil in a pan over medium-high heat.
- ☐ Add the squid and saute until cooked, about 2-3 minutes. Assemble tacos with the squid on the tortillas topped with onion and cilantro relish, salsa naranja and toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:17.66, Inflammation Score:-8, Nutrition Score:33.344347746476%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg

Nutrients (% of daily need)

Calories: 471.18kcal (23.56%), Fat: 13.07g (20.11%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 47.23g (17.17%), Sugar: 7.38g (8.2%), Cholesterol: 396.33mg (132.11%), Sodium: 824.58mg (35.85%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35g (70%), Copper: 3.77mg (188.52%), Selenium: 85.29µg (121.84%), Phosphorus: 727.69mg (72.77%), Vitamin B2: 0.84mg (49.52%), Magnesium: 164.28mg (41.07%), Manganese: 0.75mg (37.52%), Vitamin B12: 2.21µg (36.85%), Fiber: 8.91g (35.63%), Vitamin B3: 6.54mg (32.7%), Zinc: 4.62mg (30.79%), Vitamin E: 4.5mg (29.97%), Vitamin B6: 0.6mg (29.84%), Vitamin C: 23.99mg (29.08%), Potassium: 956.85mg (27.34%), Calcium: 240.81mg (24.08%), Iron: 4.2mg (23.36%), Vitamin A: 998.5IU (19.97%), Vitamin B1: 0.25mg (16.5%), Vitamin B5: 1.23mg (12.3%), Folate: 41.02µg (10.26%), Vitamin K: 7.73µg (7.37%)