



Char-Grilled Squid in Sherry Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup cooking sherry dry
- ☐ 1 leaf flat parsley fresh chopped for garnish
- ☐ 6 cloves garlic minced
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 tablespoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon pepper flakes red
- ☐ 0.5 teaspoon salt

☐ 1.5 pounds squid rings cleaned trimmed (or baby octopus)

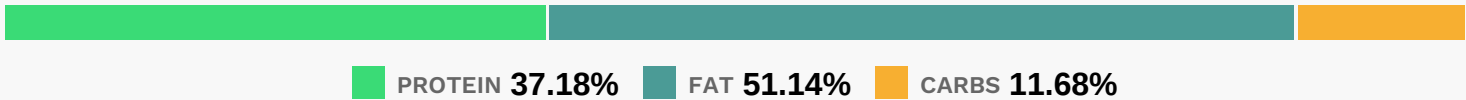
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ To make the marinade, whisk all the ingredients together in a large bowl.
- ☐ Add the squid, cover, and let marinate in the refrigerator for 3 to 4 hours.
- ☐ Prepare a hot fire in a grill. Oil a perforated grill rack or a cast-iron grill griddle and preheat on the grill.
- ☐ Remove the squid from the marinade.
- ☐ Place the squid on the prepared grill rack and grill for 4 minutes, turning once, or until the squid are almost opaque all the way through and have crisped around the ends and tentacles. Do not overcook or they will become rubbery.
- ☐ To serve, arrange on a platter, drizzle with olive oil, and scatter with parsley.
- ☐ From 25 Essentials: Techniques for Grilling Fish by Karen Adler and Judith Fertig. Copyright © 2010 by Karen Adler and Judith Fertig; photographs copyright © 2010 by Joyce Oudkerk Pool. Published by The Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:22.609565123268%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 305.48kcal (15.27%), Fat: 16.56g (25.48%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 7.53g (2.74%), Sugar: 0.33g (0.37%), Cholesterol: 396.33mg (132.11%), Sodium: 376.32mg (16.36%), Alcohol: 1.54g (100%), Alcohol %: 0.95% (100%), Protein: 27.09g (54.18%), Copper: 3.25mg (162.3%), Selenium: 77.05µg (110.07%), Vitamin B2: 0.73mg (42.69%), Phosphorus: 390.56mg (39.06%), Vitamin B12: 2.21µg (36.85%), Vitamin E: 4.63mg (30.85%), Vitamin K: 21.37µg (20.35%), Vitamin B3: 3.93mg (19.63%), Zinc: 2.75mg (18.35%), Magnesium: 63.9mg (15.97%), Potassium: 485.62mg (13.87%), Vitamin C: 9.77mg (11.84%), Manganese: 0.23mg (11.61%), Iron: 2.02mg (11.23%), Vitamin A: 493.38IU (9.87%), Vitamin B6: 0.19mg (9.65%), Vitamin B5: 0.91mg (9.14%), Calcium: 87.35mg (8.73%), Fiber: 0.98g (3.93%), Vitamin B1: 0.05mg (3.27%), Folate: 12.52µg (3.13%)