



 **54%**
HEALTH SCORE

Classic Greek Salad Topped with Grilled Calamari Skewers

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 small calamari whole cleaned
- 1 medium cucumber sliced thin
- 0.5 pound feta cheese crumbled
- 1 tablespoon thyme leaves fresh
- 4 garlic cloves chopped
- 1 juice of lemon juiced
- 0.5 cup kalamata olives pitted

- 4 servings kosher salt and pepper black freshly ground
- 4 servings lemon wedges for garnish
- 0.5 cup olive oil extra-virgin plus more for grilling
- 1 tablespoon oregano dried
- 1 tablespoon oregano fresh
- 4 servings oregano leaves fresh for garnish
- 1 medium onion red sliced thin
- 0.3 cup red wine vinegar
- 1 head romaine lettuce
- 4 tomatoes seeded cut into chunks
- 20 wooden skewers
- 20 wooden skewers

Equipment

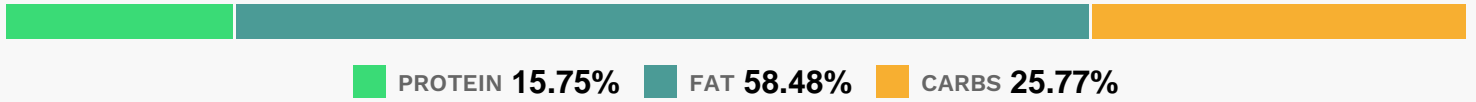
- bowl
- whisk
- grill
- skewers
- grill pan
- wooden skewers

Directions

- Soak 20 wooden skewers in water for about 20 minutes. Rinse the calamari tubes and pat dry. Split the bodies from top to bottom so you have 2 triangular pieces. Thread a soaked skewer through the length of each piece.
- Put the skewers on a platter and set aside. To make the vinaigrette, whisk together the oil, vinegar, garlic, dried and fresh oregano, thyme and lemon juice; season with salt and pepper.
- Pour 1/2 of the vinaigrette over the calamari; set the other 1/2 aside while you make the salad.
- In a large bowl, add the tomatoes, onion, cucumber, cheese, olives, and romaine.

- Pour the remaining vinaigrette over the salad and toss to combine.
- Let marinate while you grill the calamari.
- Heat the grill or a grill pan and oil it lightly. Grill the calamari for 2 minutes on each side, no longer or they will be tough. To serve, put the salad onto a large platter and top it with the calamari skewers.
- Garnish with fresh oregano leaves and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:31.316521717154%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg

Nutrients (% of daily need)

Calories: 311.07kcal (15.55%), Fat: 21.25g (32.69%), Saturated Fat: 8.82g (55.13%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 13.05g (4.75%), Sugar: 7.44g (8.26%), Cholesterol: 56.29mg (18.76%), Sodium: 934.45mg (40.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.76%), Vitamin A: 15143.05IU (302.86%), Vitamin K: 200.34µg (190.8%), Folate: 273.12µg (68.28%), Calcium: 436.92mg (43.69%), Vitamin C: 34.2mg (41.45%), Vitamin B2: 0.67mg (39.4%), Manganese: 0.75mg (37.37%), Fiber: 8.01g (32.04%), Phosphorus: 306.01mg (30.6%), Vitamin B6: 0.6mg (30.21%), Potassium: 918.05mg (26.23%), Iron: 4.25mg (23.61%), Vitamin E: 3.1mg (20.64%), Vitamin B1: 0.29mg (19.54%), Magnesium: 71.97mg (17.99%), Zinc: 2.55mg (17%), Vitamin B12: 0.99µg (16.51%), Copper: 0.32mg (16.25%), Selenium: 11.19µg (15.99%), Vitamin B5: 1.12mg (11.21%), Vitamin B3: 2.15mg (10.76%), Vitamin D: 0.23µg (1.51%)