



 **72%**
HEALTH SCORE

Crispy Squid and Cracked Conch Salad with Orange-Chipotle Vinaigrette

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



857 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup canola oil
- 4 cherry peppers whole jarred thinly sliced
- 2 teaspoons chipotle in adobo pureed
- 4 servings cornmeal for dredging
- 1 head frisée
- 1 clove garlic
- 0.5 pound micro greens

- 2 teaspoons honey
- 1 pound conch meat cut into 1-inch pieces
- 4 cups orange juice fresh
- 4 servings parsley leaves
- 4 servings vegetable oil; peanut oil preferred
- 0.5 small onion red
- 1.5 cups rice flour
- 3 tablespoons rice vinegar
- 4 servings salt and pepper black freshly ground
- 1 pound squid rings and tentacles
- 1.5 cups water cold
- 0.3 pound watercress

Equipment

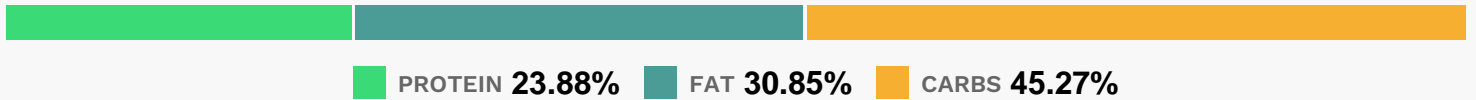
- bowl
- baking sheet
- paper towels
- sauce pan
- whisk
- blender
- kitchen thermometer
- slotted spoon

Directions

- Place the orange juice in a medium nonreactive saucepan and bring to a boil over high heat. Cook until thick and reduced to 3/4 cup.
- Transfer to a bowl and let cool slightly.
- Place the reduced orange juice, onion, garlic, vinegar, chipotle puree, honey, salt and pepper in a blender and blend until smooth. With the motor running, slowly add the oil until emulsified.

- Fill a large saucepan halfway with the oil and heat until it reaches 350 degrees F on a deep-fry thermometer. Line a large plate or baking sheet with paper towels, set aside.
- Whisk together the flour and 1 1/2 cups of the water in a large bowl and season with salt and pepper. The mixture should resemble crepe batter, if it is too thick; add more water a few tablespoons at a time, then season with salt and pepper.
- Season squid and conch with salt and pepper and working in batches, dip 1/3 of the squid in the rice flour batter and allow the excess to drip off then dredge in the cornmeal. Fry until lightly golden brown and crisp.
- Remove with a slotted spoon and drain on the paper towel-lined plate. Season immediately with salt. Repeat with the conch, dipping into the batter then frying in batches.
- Place the greens in a bowl and drizzle with about 1/4 cup of the orange-chipotle vinaigrette and season with salt and pepper. Mound the greens on a platter and place some of the sliced cherry peppers on top.
- Place the squid and conch around the perimeter of the platter, drizzle all with more of the vinaigrette and garnish with parsley leaves.

Nutrition Facts



Properties

Glycemic Index:110.94, Glycemic Load:51.2, Inflammation Score:-10, Nutrition Score:53.235652249792%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg Apigenin: 9.06mg, Apigenin: 9.06mg, Apigenin: 9.06mg, Apigenin: 9.06mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 8.06mg, Kaempferol: 8.06mg, Kaempferol: 8.06mg, Kaempferol: 8.06mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 15.6mg, Quercetin: 15.6mg, Quercetin: 15.6mg, Quercetin: 15.6mg

Nutrients (% of daily need)

Calories: 856.68kcal (42.83%), Fat: 29.13g (44.81%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 96.15g (32.05%), Net Carbohydrates: 89.46g (32.53%), Sugar: 25.18g (27.98%), Cholesterol: 336.79mg (112.26%), Sodium: 502.63mg (21.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.72g (101.43%), Vitamin K: 311.43µg (296.6%), Vitamin C: 176.18mg (213.56%), Selenium: 97.92µg (139.89%), Copper: 2.63mg (131.65%), Vitamin A: 5684.25IU

(113.69%), Vitamin B3: 17.82mg (89.11%), Vitamin B6: 1.5mg (75.22%), Phosphorus: 686.12mg (68.61%), Manganese: 1.33mg (66.46%), Potassium: 1749.34mg (49.98%), Vitamin B2: 0.81mg (47.4%), Vitamin E: 7.04mg (46.94%), Folate: 184.89µg (46.22%), Vitamin B5: 4.06mg (40.57%), Magnesium: 159.84mg (39.96%), Vitamin B1: 0.52mg (34.6%), Vitamin B12: 1.7µg (28.35%), Fiber: 6.69g (26.76%), Zinc: 3.79mg (25.26%), Iron: 3.5mg (19.44%), Calcium: 187.8mg (18.78%)