



Grammy's Calamari Salad

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



117 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 ounce olives black pitted canned
- ☐ 4 stalks celery chopped
- ☐ 1 sprig parsley fresh chopped
- ☐ 6 cloves garlic minced peeled
- ☐ 2 juice of lemon juiced
- ☐ 12 servings salt and pepper to taste
- ☐ 3 pounds squid rings cleaned sliced into rounds

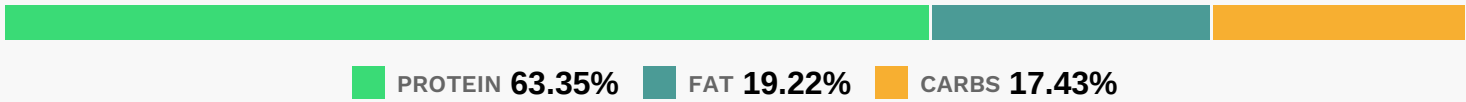
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a medium bowl, mix lemon juice, garlic, and parsley. Season with salt and pepper.
- ☐ Bring a medium pot of water to a boil. Stir in squid, and cook about 3 minutes, or until tender; drain.
- ☐ Toss squid, olives, and celery with the lemon juice mixture. Cover, and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:15.433478282846%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 117.27kcal (5.86%), Fat: 2.42g (3.72%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.5g (1.64%), Sugar: 0.35g (0.39%), Cholesterol: 264.22mg (88.07%), Sodium: 337.63mg (14.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.9%), Copper: 2.16mg (107.99%), Selenium: 51.12µg (73.03%), Vitamin B2: 0.48mg (28.1%), Phosphorus: 256.77mg (25.68%), Vitamin B12: 1.47µg (24.57%), Vitamin B3: 2.54mg (12.72%), Zinc: 1.78mg (11.84%), Vitamin E: 1.61mg (10.72%), Magnesium: 40.19mg (10.05%), Vitamin C: 8.26mg (10.01%), Potassium: 327.53mg (9.36%), Vitamin B5: 0.62mg (6.17%), Vitamin K: 5.37µg (5.12%), Vitamin B6: 0.1mg (4.8%), Iron: 0.86mg (4.78%), Calcium: 47.63mg (4.76%), Manganese: 0.08mg (3.99%), Folate: 11.8µg (2.95%), Vitamin A: 125.63IU (2.51%), Vitamin B1: 0.03mg (2.06%), Fiber: 0.44g (1.75%)