



Grilled Calamari and Fingerling Potato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 pound squid rings frozen thawed rinsed cleaned (tubes and tentacles)
- ☐ 4 cups dandelion greens
- ☐ 3 pounds fingerling potatoes
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 teaspoons orange zest grated

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon sea salt
- ☐ 3 tablespoons sea salt
- ☐ 8 servings red wine

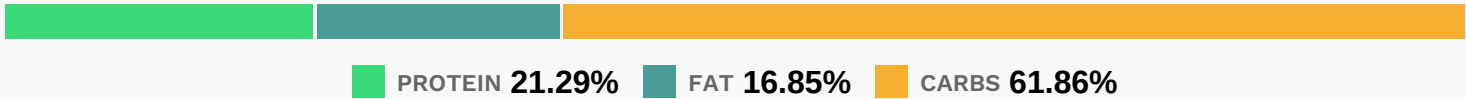
Equipment

- ☐ bowl
- ☐ grill
- ☐ dutch oven

Directions

- ☐ Place potatoes in Dutch oven; add water to cover and 3 tablespoons sea salt. Boil potatoes until tender; drain and cool. Cover and chill several hours or overnight.
- ☐ Combine garlic and next 3 ingredients in a large bowl; add calamari. Cover and chill 2 hours or overnight.
- ☐ Sprinkle calamari with 1/2 teaspoon sea salt and black pepper.
- ☐ Grill calamari over medium-high heat (350 to 400 F) for 3 minutes on each side or until opaque.
- ☐ Cut tubes into rings; leave tentacles whole.
- ☐ Combine potatoes, calamari, parsley, and 1/2 cup Red Wine Vinaigrette in a large bowl.
- ☐ Combine remaining vinaigrette and dandelion greens in a large bowl; toss to coat.
- ☐ Serve potato salad over dressed greens.

Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:22.46, Inflammation Score:-10, Nutrition Score:27.531739069068%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg, Petunidin: 2.91mg Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg, Malvidin: 20.34mg Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg, Catechin: 10.5mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg, Naringenin: 2.6mg Apigenin: 2.35mg, Apigenin: 2.35mg, Apigenin: 2.35mg, Apigenin: 2.35mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 354.59kcal (17.73%), Fat: 4.66g (7.18%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 33.64g (12.23%), Sugar: 2.46g (2.74%), Cholesterol: 132.11mg (44.04%), Sodium: 2826.35mg (122.88%), Alcohol: 15.58g (100%), Alcohol %: 4.76% (100%), Protein: 13.27g (26.53%), Vitamin K: 236.63µg (225.36%), Copper: 1.33mg (66.44%), Vitamin A: 2943.52IU (58.87%), Vitamin C: 48.16mg (58.38%), Selenium: 26.55µg (37.92%), Vitamin B6: 0.71mg (35.25%), Potassium: 1167.27mg (33.35%), Manganese: 0.61mg (30.69%), Phosphorus: 277.2mg (27.72%), Vitamin B2: 0.41mg (24.07%), Magnesium: 86.74mg (21.68%), Fiber: 4.89g (19.56%), Iron: 3.4mg (18.91%), Vitamin B3: 3.62mg (18.11%), Vitamin E: 2.21mg (14.71%), Vitamin B1: 0.21mg (14.08%), Vitamin B12: 0.74µg (12.28%), Zinc: 1.72mg (11.46%), Calcium: 108.67mg (10.87%), Folate: 40.71µg (10.18%), Vitamin B5: 0.87mg (8.7%)