



## Grilled Calamari Radish Salad with Lemon Dill Vinaigrette

 Gluten Free  Dairy Free  Low Fod Map

READY IN



14 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound calamari fresh
- 1 tablespoon capers drained
- 2 teaspoons dijon mustard
- 1 tablespoon optional: dill fresh chopped
- 2 tablespoons juice of lemon fresh
- 4 to 6 lettuce leaves red
- 3 tablespoons olive oil

- 1 jar pimentos drained
- 1 cup radishes sliced
- 4 servings salt and pepper black freshly ground

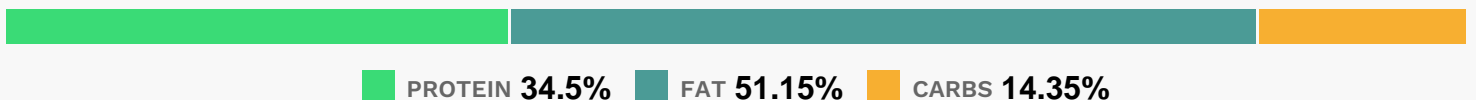
## Equipment

- bowl
- frying pan
- whisk
- stove
- grill pan

## Directions

- Heat a stove top grill pan or griddle with cooking spray over medium-high heat. Season calamari with salt and black pepper.
- Place calamari on hot pan and cook 2 minutes per side stirring with a spoon, until opaque and cooked through.
- Remove from heat and allow to cool. When calamari is cool enough to handle, cut crosswise into 1/4-inch thick rounds.
- Transfer calamari to a medium bowl and add radishes, pimentos and capers.
- In a small bowl, whisk together oil, lemon juice and mustard. Using a spoon, stir in dill.
- Add dressing to calamari mixture and stir to coat. Season, to taste, with salt and freshly ground black pepper.
- Arrange lettuce leaves on a serving platter and top with calamari salad.

## Nutrition Facts



## Properties

Glycemic Index:39, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:22.051304091578%

## Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

## Nutrients (% of daily need)

Calories: 217.23kcal (10.86%), Fat: 12.32g (18.96%), Saturated Fat: 1.9g (11.84%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 6.21g (2.26%), Sugar: 1.95g (2.17%), Cholesterol: 264.22mg (88.07%), Sodium: 155.97mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.4%), Copper: 2.19mg (109.33%), Selenium: 52.06µg (74.38%), Vitamin C: 46.41mg (56.25%), Vitamin A: 2579.7IU (51.59%), Vitamin B2: 0.53mg (31.13%), Phosphorus: 273.03mg (27.3%), Vitamin B12: 1.47µg (24.57%), Vitamin E: 3.22mg (21.47%), Vitamin B3: 2.89mg (14.46%), Potassium: 462.06mg (13.2%), Zinc: 1.96mg (13.05%), Magnesium: 47.95mg (11.99%), Iron: 1.82mg (10.12%), Vitamin K: 10.27µg (9.78%), Vitamin B6: 0.19mg (9.43%), Manganese: 0.18mg (9.23%), Folate: 26.32µg (6.58%), Vitamin B5: 0.64mg (6.37%), Fiber: 1.58g (6.3%), Calcium: 57.74mg (5.77%), Vitamin B1: 0.06mg (4.21%)