



Grilled Calamari with Arugula



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



4

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound arugula
- ☐ 1 large garlic clove minced
- ☐ 3 optional: lemon
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1.5 pounds squid rings cleaned

Equipment

- ☐ bowl
- ☐ paper towels

- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ cutting board

Directions

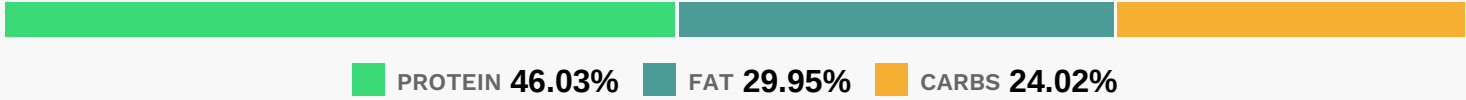
- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill.
- ☐ Rinse squid under cold running water and pat dry with paper towels. If squid are large, halve tentacles lengthwise and cut longer ones, if attached, crosswise into 2-inch pieces. Pull off flaps from squid bodies, if attached, and reserve.
- ☐ Cut each squid body lengthwise along "seam" and open flat. Score large squid, including flaps, lengthwise with a sharp knife, making cuts close together (about 1/8 inch apart like ridges on rigatoni) and being careful not to cut through squid, then halve squid bodies crosswise.
- ☐ Squeeze enough juice from 2 lemons to measure 1/4 cup.
- ☐ Cut remaining whole lemon into wedges.
- ☐ Whisk together lemon juice, oil, garlic, 1/2 teaspoon salt, and 1/8 teaspoon pepper until combined well and transfer 1/4 cup dressing to a large shallow bowl, reserving remainder.
- ☐ Add squid to dressing in shallow bowl, tossing to coat, and marinate at room temperature, turning once, 10 minutes.
- ☐ Thread 2 skewers through each squid body, near opposite sides of body (to keep squid flat during grilling). Thread all the flaps onto 1 or 2 skewers. Thread all tentacles crosswise (through thickest part) onto skewers, without crowding, letting tentacles dangle. Discard marinade.
- ☐ When fire is hot (you can hold your hand 5 inches above rack for 1 to 2 seconds), grill squid on a lightly oiled grill rack, uncovered, turning once, until they just turn opaque, 1 to 1 1/2 minutes total.
- ☐ Transfer to a cutting board and remove skewers.
- ☐ Cut squid bodies lengthwise into 1 1/2-inch-thick strips. Halve strips crosswise if using larger squid.
- ☐ Toss squid with 3 tablespoons reserved dressing and salt and pepper to taste in a clean bowl. Toss arugula in another bowl with just enough of remaining dressing to coat, then season with

salt and pepper. Divide arugula among 4 plates and top with squid.

☐

Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:30.240434791731%

Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.81mg, Kaempferol: 19.81mg, Kaempferol: 19.81mg, Kaempferol: 19.81mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 243.01kcal (12.15%), Fat: 8.37g (12.87%), Saturated Fat: 1.44g (8.97%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 11.91g (4.33%), Sugar: 3.19g (3.55%), Cholesterol: 396.33mg (132.11%), Sodium: 92.01mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.87%), Copper: 3.29mg (164.51%), Selenium: 76.8µg (109.72%), Vitamin C: 59.66mg (72.32%), Vitamin K: 65.07µg (61.97%), Vitamin B2: 0.77mg (45.09%), Phosphorus: 419.51mg (41.95%), Vitamin B12: 2.21µg (36.85%), Vitamin A: 1419.49IU (28.39%), Magnesium: 89.45mg (22.36%), Vitamin E: 3.18mg (21.23%), Potassium: 742.5mg (21.21%), Vitamin B3: 3.97mg (19.84%), Zinc: 2.93mg (19.51%), Folate: 72.44µg (18.11%), Calcium: 167.62mg (16.76%), Iron: 2.51mg (13.96%), Manganese: 0.28mg (13.92%), Fiber: 3.19g (12.76%), Vitamin B5: 1.26mg (12.57%), Vitamin B6: 0.21mg (10.54%), Vitamin B1: 0.09mg (6.19%)