



Grilled Calamari with Beans and Mint Oil



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 small calamari whole
- ☐ 0.5 cup mint leaves fresh packed
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1.5 cups cannellini beans cooked
- ☐ 1 lemon zest juiced
- ☐ 1 tablespoon marjoram leaves fresh chopped
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 4 tablespoons onion red finely chopped
- ☐ 4 servings salt and pepper

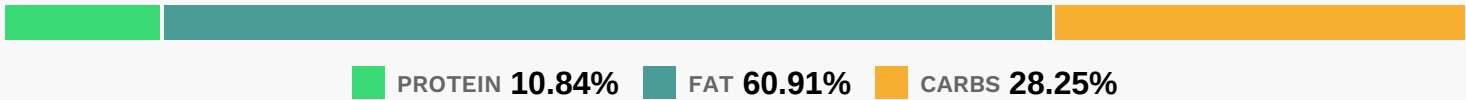
Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ blender
- ☐ grill
- ☐ broiler

Directions

- ☐ Remove the tentacles and clean the calamari, leaving the bodies whole. Set the tentacles aside. Pull out the quill shaped bone in the center of the calamari tubes and remove the murky stuff as well.
- ☐ Preheat the grill or broiler.
- ☐ In a mixing bowl, stir together the cooked beans, rosemary, olive oil, onion, marjoram, and lemon juice and zest. Season to taste with salt and pepper. Arrange the mixture in the center of 4 plates.
- ☐ Season the calamari with salt and pepper, brush with a bit of additional oil, and grill for 2 minutes on each side. Arrange 2 calamari over the salad on each plate and drizzle with the mint oil.
- ☐ Bring a saucepan of water to a boil. Prepare and ice bath. Plunge the mint leaves into the boiling water for 30 seconds, then remove to the ice bath. Squeeze out the excess liquid and puree in a blender for 1 minute with the olive oil. Makes 1 cup.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:8.7047825455666%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.43mg, Apigenin: 1.43mg, Apigenin: 1.43mg, Apigenin: 1.43mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 223.12kcal (11.16%), Fat: 15.53g (23.89%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 10.69g (3.89%), Sugar: 0.49g (0.55%), Cholesterol: 4.66mg (1.55%), Sodium: 198.94mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Fiber: 5.51g (22.05%), Manganese: 0.43mg (21.48%), Folate: 77.61µg (19.4%), Vitamin K: 17.33µg (16.5%), Vitamin E: 2.21mg (14.72%), Phosphorus: 121.75mg (12.17%), Copper: 0.23mg (11.4%), Iron: 1.9mg (10.54%), Magnesium: 40.28mg (10.07%), Potassium: 319.75mg (9.14%), Vitamin B1: 0.12mg (7.73%), Vitamin C: 6.19mg (7.51%), Calcium: 66.3mg (6.63%), Vitamin A: 297.96IU (5.96%), Selenium: 3.68µg (5.26%), Vitamin B6: 0.1mg (5.14%), Zinc: 0.71mg (4.72%), Vitamin B2: 0.07mg (3.97%), Vitamin B3: 0.62mg (3.1%), Vitamin B5: 0.23mg (2.29%)