



Grilled Octopus with Gigante Beans and Oregano

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cinnamon sticks
- 1500 ml wine dry red
- 3 garlic clove crushed peeled
- 6 tablespoons olive oil extra virgin extra-virgin divided
- 1 large onion quartered
- 1 tablespoon oregano fresh chopped
- 2 tablespoons red wine vinegar

- 1 turkish bay leaf


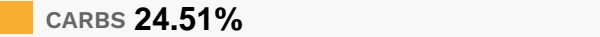
Equipment

- bowl
- baking sheet
- pot
- grill
- tongs

Directions

- Sprinkle octopus with salt and freshly ground black pepper.
- Heat 2 tablespoons oil in heavy large pot over medium-high heat.
- Add octopus to pot and cook uncovered until octopus releases its liquid and most of liquid in pot evaporates, turning occasionally with tongs, 20 to 25 minutes.
- Add wine, onion, garlic, cinnamon stick, and bay leaf to pot; bring to boil. Reduce heat to medium-low, cover, and simmer until octopus is very tender when pierced with fork, about 2 hours. Using tongs, transfer octopus to rimmed baking sheet and cool. If desired, rub off outer skin from octopus and discard. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- Prepare barbecue (medium-high heat).
- Cut octopus tentacles crosswise into 1/2-inch-thick slices.
- Place on platter and brush with 2 tablespoons oil; sprinkle with salt and pepper. Grill octopus slices until heated through, about 2 minutes per side.
- Transfer to bowl and add remaining 2 tablespoons olive oil, red wine vinegar, and oregano; toss to coat.
- Place Gigante beans in large shallow bowl. Top with octopus mixture and serve.

Nutrition Facts

 **PROTEIN 1.52%**  **FAT 73.97%**  **CARBS 24.51%**

Properties

Glycemic Index:5.58, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:1.425652185212%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 175.57kcal (8.78%), Fat: 7.04g (10.83%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.69g (1.7%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 1.1mg (0.05%), Alcohol: 13.31g (100%), Alcohol %: 11.23% (100%), Protein: 0.32g (0.65%), Vitamin E: 1.09mg (7.29%), Vitamin K: 6.96µg (6.63%), Manganese: 0.1mg (5.11%), Fiber: 0.56g (2.25%), Iron: 0.27mg (1.5%), Vitamin B6: 0.03mg (1.46%), Vitamin C: 1.2mg (1.45%), Calcium: 14.1mg (1.41%)