



Grilled Octopus with Gigante Beans and Oregano

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 1500 ml wine dry red
- ☐ 3 garlic clove crushed peeled
- ☐ 3 pounds octopus legs frozen thawed (preferably large tentacles only)
- ☐ 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

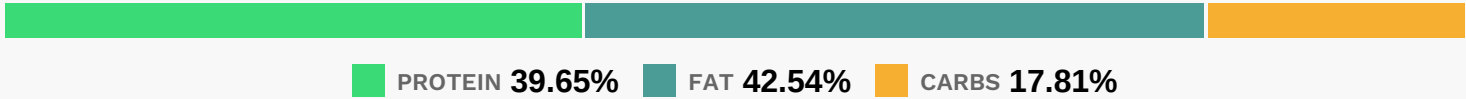
Equipment

- ☐ 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



Properties

Glycemic Index:5.58, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:17.01652178557%

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: 268.56kcal (13.43%), Fat: 8.22g (12.64%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.18g (2.61%), Sugar: 0.56g (0.62%), Cholesterol: 54.43mg (18.14%), Sodium: 261.92mg (11.39%), Alcohol: 13.31g (100%), Alcohol %: 6.4% (100%), Protein: 17.23g (34.46%), Vitamin B12: 22.68µg (377.99%), Selenium: 51µg (72.86%), Iron: 6.28mg (34.89%), Copper: 0.5mg (25.22%), Vitamin B6: 0.44mg (21.87%), Phosphorus: 216.71mg (21.67%), Vitamin E: 2.45mg (16.36%), Zinc: 1.95mg (13.02%), Potassium: 425.75mg (12.16%), Vitamin B3: 2.42mg (12.12%), Magnesium: 36.87mg (9.22%), Vitamin C: 6.87mg (8.32%), Calcium: 74.2mg (7.42%), Vitamin K: 7.07µg (6.73%), Manganese: 0.13mg (6.53%), Vitamin B5: 0.59mg (5.92%), Folate: 21.56µg (5.39%), Vitamin A: 178.88IU (3.58%), Vitamin B2: 0.05mg (3.05%), Vitamin B1: 0.04mg (2.8%), Fiber: 0.56g (2.25%)