



 **100%**  
HEALTH SCORE

## Grilled Octopus with Kale, Tomatoes, and Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 teaspoons coriander seeds
- ☐ 1.5 cups pinto beans dried cooked
- ☐ 1 cup wine dry white
- ☐ 1 sprig rosemary leaves fresh
- ☐ 2 heads garlic separated unpeeled
- ☐ 3 pound kale
- ☐ 6 servings pepper black freshly ground

- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided ()
- ☐ 6 plum tomatoes cored
- ☐ 0.3 cup red wine vinegar

## Equipment

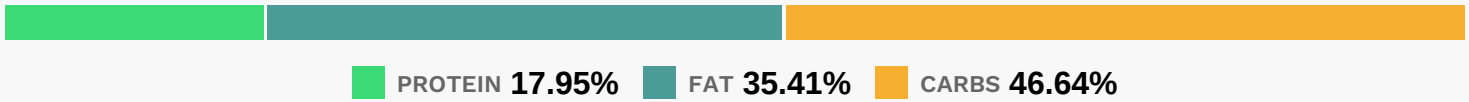
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ grill
- ☐ rolling pin

## Directions

- ☐ Place octopus and wine in a large pot. Peel 2garlic cloves; add to pot.
- ☐ Add enough waterto cover by 2". Bring to a boil, reduce heat tomedium, and simmer until octopus is tender,about 1 hour.
- ☐ Transfer to a plate; let cool.
- ☐ Cutoctopus into 4" pieces.
- ☐ Remove as much ofslippery outer purple coating as possiblewithout removing suction cups.
- ☐ Meanwhile, preheat oven to 500°F.
- ☐ Placeremaining garlic cloves and rosemary in a large roasting pan.
- ☐ Add whole tomatoes,drizzle with 3 tablespoons oil, and season lightlywith salt and pepper. Toss to coat. Roast30 minutes, stirring occasionally, untiltomatoes are blistered and slightly charred.
- ☐ Let cool. Peel garlic.
- ☐ Toast coriander seeds in a small skilletover medium heat, stirring often, untilaromatic and slightly darkened in color,about 3 minutes.
- ☐ Let cool.

- ☐ Place in a resealable plastic bag. Using a rolling pin or the bottom of a skillet, coarsely crush seeds.
- ☐ Whisk together coriander, 3/4 cup oil, and vinegar in a small bowl. Season vinaigrette to taste with salt and pepper. Set aside
- ☐ Heat remaining 2 tablespoons oil in another large pot. Working in batches, add kale and cook until softened and slightly browned, adding additional oil by tablespoonfuls if dry. Season to taste with salt.
- ☐ Transfer kale to a large bowl and toss with 1/4 cup of coriander vinaigrette.
- ☐ Prepare a medium-hot fire in a charcoal grill, or heat a gas grill to medium-high. Warm 3 cups cooked beans in a small pot with 1/4 cup of vinaigrette. Toss octopus with half of remaining vinaigrette; grill until charred, about 3 minutes per side.
- ☐ Divide tomatoes, garlic, kale, and beans among plates. Top with grilled octopus, drizzle with some vinaigrette, and season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:10.76, Inflammation Score:-10, Nutrition Score:46.260869751806%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 2.75mg, Catechin: 2.75mg, Catechin: 2.75mg, Catechin: 2.75mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg 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: 53.52mg, Isorhamnetin: 53.52mg, Isorhamnetin: 53.52mg, Isorhamnetin: 53.52mg Kaempferol: 107.36mg, Kaempferol: 107.36mg, Kaempferol: 107.36mg, Kaempferol: 107.36mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 51.86mg, Quercetin: 51.86mg, Quercetin: 51.86mg, Quercetin: 51.86mg

## Nutrients (% of daily need)

Calories: 413.94kcal (20.7%), Fat: 16.05g (24.69%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 47.57g (15.86%), Net Carbohydrates: 29.27g (10.64%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 134.2mg (5.83%), Alcohol: 4.12g (100%), Alcohol %: 1.28% (100%), Protein: 18.3g (36.61%), Vitamin K: 899.61µg (856.77%), Vitamin A:

23175.28IU (463.51%), Vitamin C: 226.61mg (274.67%), Manganese: 2.36mg (118.24%), Folate: 403.94µg (100.99%), Fiber: 18.3g (73.21%), Calcium: 667.94mg (66.79%), Vitamin B2: 0.92mg (54.2%), Potassium: 1696.47mg (48.47%), Magnesium: 177.9mg (44.48%), Vitamin B1: 0.65mg (43.15%), Iron: 6.85mg (38.04%), Vitamin B6: 0.75mg (37.39%), Phosphorus: 365.82mg (36.58%), Copper: 0.63mg (31.63%), Selenium: 17.22µg (24.6%), Vitamin E: 3.62mg (24.14%), Vitamin B3: 3.75mg (18.75%), Zinc: 2.31mg (15.42%), Vitamin B5: 0.72mg (7.15%)