



 100%
HEALTH SCORE

Grilled Octopus with Kale, Tomatoes, and Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

Equipment

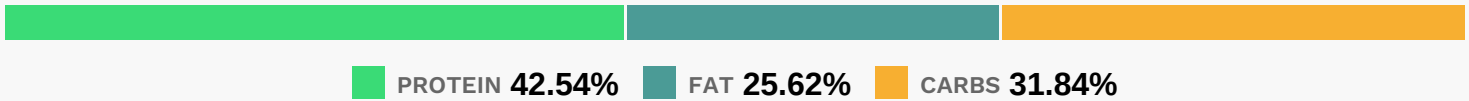
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ grill
- ☐ rolling pin

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 alarge 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:75.198260597561%

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: 723.9kcal (36.19%), Fat: 19.98g (30.74%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 55.89g (18.63%), Net Carbohydrates: 37.59g (13.67%), Sugar: 4.94g (5.49%), Cholesterol: 181.44mg (60.48%), Sodium: 1003.59mg

(43.63%), Alcohol: 4.12g (100%), Alcohol %: 0.66% (100%), Protein: 74.66g (149.33%), Vitamin B12: 75.6µg (1259.98%), Vitamin K: 899.99µg (857.13%), Vitamin A: 23742.27IU (474.85%), Vitamin C: 245.51mg (297.58%), Selenium: 186.56µg (266.52%), Iron: 26.88mg (149.34%), Manganese: 2.46mg (122.97%), Folate: 464.42µg (116.11%), Copper: 2.28mg (113.84%), Phosphorus: 1068.89mg (106.89%), Vitamin B6: 2.11mg (105.43%), Calcium: 868.28mg (86.83%), Potassium: 3019.45mg (86.27%), Fiber: 18.3g (73.21%), Magnesium: 291.3mg (72.82%), Vitamin B2: 1.07mg (63.09%), Vitamin B3: 11.69mg (58.44%), Zinc: 8.66mg (57.76%), Vitamin E: 8.16mg (54.38%), Vitamin B1: 0.76mg (50.71%), Vitamin B5: 2.61mg (26.05%)