



 7%  
HEALTH SCORE

## Grilled Sausage-Stuffed Calamari

READY IN



50 min.

SERVINGS



8

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup breadcrumbs fresh fine
- 0.8 teaspoon fennel seeds
- 1 tablespoon flat parsley chopped
- 2 large garlic clove minced
- 0.5 pound ground pork
- 8 servings lemon wedges
- 3 tablespoons olive oil extra virgin extra-virgin for drizzling
- 0.3 teaspoon paprika (preferably pimentón dulce)
- 12 small squid rings cleaned (3-to 4-inch) (1 pound total)

- 0.3 cup milk whole

## Equipment

- bowl
- frying pan
- grill
- kitchen thermometer
- grill pan

## Directions

- Soak bread crumbs in milk in a large bowl.
- Toast fennel seeds in a dry small skillet (not nonstick) over medium-low heat, shaking skillet occasionally, until fragrant, 3 to 4 minutes. Chop fennel seeds and add to bread-crumbs mixture along with pork, garlic, paprika, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Gently mix with your hands until well blended. Using a small spoon, loosely stuff squid with fennel sausage, leaving a 1/2-inch space at top (you may have some stuffing left over). Seal tops using wooden picks.
- Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas); see Grilling Procedure.
- Coat stuffed squid and tentacles with oil and season with 1/2 teaspoon salt. Oil grill rack, then grill stuffed squid, turning frequently, until golden in spots and an instant-read thermometer inserted into center of filling registers 150 to 155°F, 13 to 15 minutes.
- Transfer to a platter. Grill tentacles until opaque and curled, about 1 minute, then add to platter.
- Drizzle with oil and sprinkle with parsley.
- Fontaleoni Vernaccia diSan Gimignano '07
- If you can't get small squid, use larger ones and grill 15 to 18 minutes, then halve to serve. •Squid can be cooked in a 2-burner grill pan. •Squid can be stuffed 8 hours ahead and chilled. Bring to room temperature before grilling. •Any leftover stuffing can be added to pasta sauce.

## Nutrition Facts



■ PROTEIN 16.02% ■ FAT 64.44% ■ CARBS 19.54%

## Properties

Glycemic Index:17.56, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:5.9052173728528%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 170.85kcal (8.54%), Fat: 12.19g (18.75%), Saturated Fat: 3.28g (20.47%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.7g (2.8%), Sugar: 1.16g (1.29%), Cholesterol: 25.13mg (8.38%), Sodium: 95.25mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Vitamin B1: 0.31mg (20.98%), Selenium: 10.51µg (15.01%), Vitamin K: 12.12µg (11.54%), Vitamin B3: 1.98mg (9.88%), Phosphorus: 82.61mg (8.26%), Vitamin B2: 0.13mg (7.68%), Vitamin B6: 0.14mg (7.03%), Manganese: 0.12mg (6.18%), Zinc: 0.86mg (5.73%), Vitamin E: 0.81mg (5.41%), Vitamin B12: 0.31µg (5.14%), Iron: 0.88mg (4.87%), Calcium: 40.23mg (4.02%), Potassium: 131.96mg (3.77%), Copper: 0.07mg (3.64%), Folate: 13.25µg (3.31%), Magnesium: 12.81mg (3.2%), Vitamin B5: 0.3mg (3.01%), Fiber: 0.61g (2.45%), Vitamin C: 1.74mg (2.11%), Vitamin A: 92.39IU (1.85%)