



Grilled Squid and Plum Salad with Cilantro, Mint, and Peanuts



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon asian chile paste
- ☐ 0.5 cup cilantro leaves fresh packed
- ☐ 0.5 cup mint leaves fresh packed
- ☐ 3 tablespoons juice of lime fresh to taste
- ☐ 4 servings accompaniment: lime wedges
- ☐ 4 cups napa cabbage thinly sliced

- ☐ 1.3 lb firm-ripe plums pitted halved lengthwise cut into sixths
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup peanuts salted coarsely chopped
- ☐ 0.3 cup scallion thinly sliced
- ☐ 2.5 tablespoons seasoned rice vinegar
- ☐ 4 teaspoons asian sesame oil
- ☐ 1 lb squid rings cleaned
- ☐ 1 tablespoon sugar to taste
- ☐ 1 teaspoon vegetable oil

Equipment

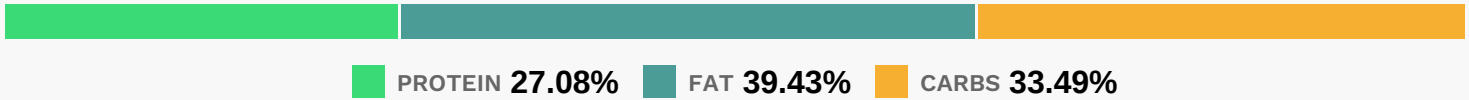
- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Whisk together lime juice, vinegar, sugar, sesame oil, chile paste, and 1/4 teaspoon salt.
- ☐ Cut squid bodies open to make flat pieces and, holding knife almost parallel to work surface (at a 30-degree angle), score inner side of flattened squid in a crosshatch pattern (do not cut all the way through). Pat squid bodies and tentacles dry and toss with vegetable oil, 1/4 teaspoon salt, and pepper.
- ☐ Heat lightly oiled grill pan over moderately high heat until hot but not smoking, then grill squid bodies, in batches if necessary, crosshatch sides down first, turning once, until just cooked through (squid will curl up as it cooks), about 2 minutes.
- ☐ Transfer to a cutting board as grilled and keep warm, covered. Grill tentacles in same manner.
- ☐ Cut squid bodies crosswise into 1-inch pieces.
- ☐ Grill plums, in batches if necessary, turning once, until grill marks appear, about 2 minutes.

- ☐
- Transfer as grilled to a bowl.
- ☐
- Toss cabbage with cilantro, mint, scallion, 1/4 cup peanuts, half of dressing, and remaining 1/4 teaspoon salt. Mound salad on plates and top with squid and plums.
- ☐
- Drizzle with dressing to taste and sprinkle with remaining 1/4 cup peanuts.
- ☐
- If you don't like squid, you can substitute chicken — just grill and slice 1 pound of skinless boneless chicken breast.

Nutrition Facts



Properties

Glycemic Index:79.69, Glycemic Load:8.21, Inflammation Score:-8, Nutrition Score:29.556956664376%

Flavonoids

Cyanidin: 7.98mg, Cyanidin: 7.98mg, Cyanidin: 7.98mg, Cyanidin: 7.98mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg, Catechin: 4.1mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Epicatechin 3-gallate: 1.08mg, Epicatechin 3-gallate: 1.08mg, Epicatechin 3-gallate: 1.08mg, Epicatechin 3-gallate: 1.08mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 357.14kcal (17.86%), Fat: 16.29g (25.06%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 25.84g (9.4%), Sugar: 18.61g (20.68%), Cholesterol: 264.22mg (88.07%), Sodium: 576.2mg (25.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.35%), Copper: 2.41mg (120.42%), Selenium: 52.79µg (75.41%), Vitamin K: 63.72µg (60.69%), Vitamin C: 46.69mg (56.59%), Manganese: 0.8mg (39.85%), Phosphorus: 376.34mg (37.63%), Vitamin B2: 0.58mg (34.37%), Vitamin B3: 6.28mg (31.41%), Folate: 108.8µg (27.2%), Potassium: 904.5mg (25.84%), Vitamin B12: 1.47µg (24.57%), Vitamin A: 1213.65IU (24.27%), Magnesium: 95.59mg (23.9%), Fiber: 5.3g (21.2%), Vitamin B6: 0.35mg (17.44%), Zinc: 2.53mg (16.86%), Calcium: 144.68mg (14.47%), Vitamin E: 2.08mg (13.9%), Iron: 2.12mg (11.8%), Vitamin B5: 1.14mg (11.45%), Vitamin B1: 0.16mg (10.96%)