



Grilled Squid and Sweet Onion Salad with Roasted Tomatoes and Green Chile Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon honey
- ☐ 0.8 cup olive oil pure
- ☐ 2 tablespoons olive oil pure
- ☐ 4 servings olive oil
- ☐ 8 plum tomatoes halved
- ☐ 1 poblano pepper peeled seeded chopped
- ☐ 0.5 cup red wine vinegar

- ☐ 6 cloves roasted garlic
- ☐ 4 servings salt and pepper
- ☐ 16 squid rings whole cleaned
- ☐ 2 large onions sweet peeled sliced Walla Walla, Vidalia

Equipment

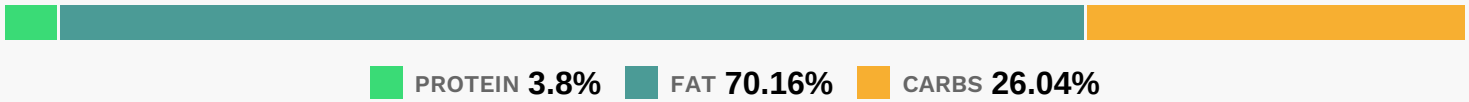
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat oven to 350 degrees F. Rub the tomatoes with the olive oil and place on a baking sheet. Roast for 25 to 30 minutes, or until soft.
- ☐ Remove seeds and dice.
- ☐ Preheat grill or grill pan.
- ☐ Brush squid with olive oil and season with salt and pepper to taste. Grill the squid for 3 minutes on each side.
- ☐ Cut into 2-inch pieces.
- ☐ Brush the onions with olive oil and season with salt and pepper to taste. Grill for 3 to 4 minutes on each side until almost tender.
- ☐ Place pepper, garlic and vinegar in a blender and blend until smooth. With the motor running, slowly add the olive oil until emulsified.
- ☐ Add the honey and season with salt and pepper, to taste.
- ☐ Assembly: 1 pound arugula 1 pound frisee Grilled Squid Grilled Onions Green Chile Vinaigrette Roasted tomatoes 12 fresh mint leaves, chiffonade
- ☐ Combine the greens, squid and onions in a large bowl and toss with some of the vinaigrette.
- ☐ Place on a large platter and top with the tomatoes and fresh mint.

Drizzle with additional dressing.

Nutrition Facts



Properties

Glycemic Index:32.57, Glycemic Load:4.03, Inflammation Score:-9, Nutrition Score:13.667391377947%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 25.49mg, Quercetin: 25.49mg, Quercetin: 25.49mg, Quercetin: 25.49mg

Nutrients (% of daily need)

Calories: 370.5kcal (18.52%), Fat: 29.61g (45.55%), Saturated Fat: 4.09g (25.54%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 21.13g (7.68%), Sugar: 16.64g (18.49%), Cholesterol: 9.32mg (3.11%), Sodium: 219.83mg (9.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin C: 50.62mg (61.36%), Vitamin E: 5.05mg (33.7%), Vitamin K: 30.09µg (28.66%), Vitamin A: 1146.38IU (22.93%), Vitamin B6: 0.44mg (22.01%), Manganese: 0.4mg (19.93%), Potassium: 585.48mg (16.73%), Folate: 60.08µg (15.02%), Fiber: 3.59g (14.35%), Copper: 0.28mg (13.98%), Phosphorus: 98.72mg (9.87%), Vitamin B1: 0.14mg (9.37%), Magnesium: 35.26mg (8.81%), Iron: 1.29mg (7.17%), Vitamin B3: 1.22mg (6.12%), Calcium: 60.42mg (6.04%), Vitamin B2: 0.09mg (5.2%), Selenium: 3.3µg (4.72%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.35mg (3.52%)