



Grilled Squid Skewers with Anchovy Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large anchovy fillets
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 6 servings olive oil for brushing
- ☐ 6 servings salt and pepper freshly ground
- ☐ 1 pound squid rings
- ☐ 4 tablespoons butter unsalted softened

Equipment

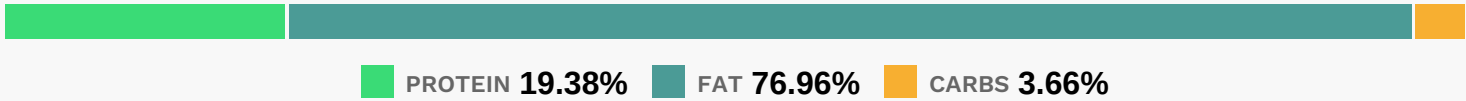
- ☐ bowl

- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Soak twelve 8-inch wooden skewers in water for about 20 minutes.
- ☐ Cut off the squid tentacles in 1 piece.
- ☐ Cut the bodies crosswise into 1-inch rings. Thread 3 or 4 pieces of squid body onto each skewer and finish with 1 or 2 tentacles.
- ☐ In a small bowl, using a fork, mash the anchovies with the butter until blended. Stir in the lemon juice and season with salt and pepper.
- ☐ Light a grill or preheat a grill pan until very hot.
- ☐ Brush the squid skewers with olive oil and season with salt and pepper. Grill over a hot fire or over high heat until lightly charred and just cooked, about 1 minute per side.
- ☐ Transfer the squid skewers to a warmed platter and dab them generously with the anchovy butter.
- ☐ Serve the skewers at once.
- ☐ Wine Recommendation: A sparkling wine with very crisp acidity will balance the saltiness of the grilled squid as well as the potato puffs in the recipe below. Try either the clean, lemony, creamy Nonvintage Nino Franco Prosecco di Valdobbiadene Rustico or the full, bone-dry 1994 Gini Brut Gran Cuve Millesimo.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.770434750973%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 267.58kcal (13.38%), Fat: 22.88g (35.19%), Saturated Fat: 7.07g (44.16%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.05g (0.05%), Cholesterol: 199.41mg (66.47%), Sodium: 233.92mg (10.17%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 12.96g (25.93%), Copper: 1.44mg (72.1%), Selenium: 35.91µg (51.3%), Vitamin E: 3.17mg (21.15%), Vitamin B2: 0.33mg (19.33%), Phosphorus: 178.73mg (17.87%), Vitamin B12: 1.03µg (17.2%), Vitamin B3: 2.4mg (12.01%), Vitamin K: 9.09µg (8.65%), Zinc: 1.26mg (8.39%), Magnesium: 27.43mg (6.86%), Potassium: 210.54mg (6.02%), Vitamin A: 260.95IU (5.22%), Vitamin C: 4.2mg (5.09%), Iron: 0.77mg (4.28%), Vitamin B5: 0.42mg (4.25%), Calcium: 34.63mg (3.46%), Vitamin B6: 0.05mg (2.55%), Manganese: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.26%), Folate: 4.87µg (1.22%)