



WHATSheATE



HEALTH SCORE

51%

Marinated Grilled Calamari



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



418 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds calamari whole separated cleaned squid
- ☐ 0.5 loaf crusty bread such as ciabatta cut in half horizontally
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup juice of lemon fresh divided
- ☐ 0.7 cup olive oil extra-virgin divided
- ☐ 1.5 teaspoons chile flakes red
- ☐ 1 teaspoon sea salt divided

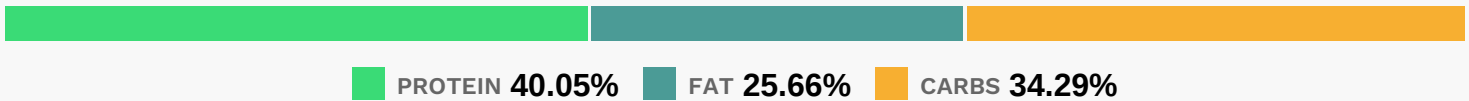
Equipment

- ☐ bowl
- ☐ grill
- ☐ tongs
- ☐ colander

Directions

- ☐ In a medium bowl, combine calamari, garlic, chile flakes, parsley, 1/3 cup oil, 2 tbsp. lemon juice, and 1/2 tsp. salt. Chill, stirring often, 1 to 5 hours.
- ☐ Pour calamari and marinade into a colander over a bowl.
- ☐ Brush marinade over cut sides of bread; grill on each side over high heat (450 to 550°F) until grill marks appear, 3 to 5 minutes.
- ☐ Cut into slices.
- ☐ Grill calamari tubes, turning once, just until firm, 3 minutes. Meanwhile, using tongs, drop tentacles in clumps onto grill just to firm up, then spread out to cook evenly, 4 minutes total. Put calamari in a dish and drizzle with remaining oil, lemon juice, and salt.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:20.23, Inflammation Score:-7, Nutrition Score:32.396956402323%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 418.1kcal (20.91%), Fat: 11.72g (18.04%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 33.69g (12.25%), Sugar: 2.8g (3.11%), Cholesterol: 528.44mg (176.15%), Sodium: 997.2mg (43.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.17g (82.35%), Copper: 4.38mg (219.22%), Selenium: 116.36µg (166.23%), Vitamin B2: 1.16mg (68.42%), Vitamin K: 67.01µg (63.82%), Phosphorus: 562.42mg (56.24%), Vitamin B12: 2.95µg (49.14%), Vitamin B3: 7.52mg (37.59%), Vitamin E: 4.2mg (28.01%), Vitamin B1: 0.41mg (27.54%), Zinc: 4.09mg (27.3%), Vitamin C: 22.18mg (26.88%), Magnesium: 95.27mg (23.82%), Iron: 3.95mg (21.95%), Folate: 81.86µg (20.46%), Manganese: 0.4mg (19.84%), Potassium: 675.74mg (19.31%), Vitamin B5: 1.35mg (13.55%), Vitamin A: 614.21IU (12.28%), Vitamin B6: 0.23mg (11.57%), Calcium: 111.19mg (11.12%), Fiber: 1.57g (6.29%)