



Mediterranean Squid (calamari) filled with Shellfish, Saffron Risotto and Ink Sauce

READY IN



75 min.

SERVINGS



6

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound clams scrubbed
- ☐ 3.5 ounces crab meat
- ☐ 0.5 cup heavy whipping cream
- ☐ 6 servings herbs fresh
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 1 cup live maine lobsters diced cooked
- ☐ 1 pound mussels scrubbed

- ☐ 1 onion chopped fine
- ☐ 1 pinch saffron threads
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 14 ounces squid bodies cleaned
- ☐ 4 units squid ink
- ☐ 0.5 cup white wine

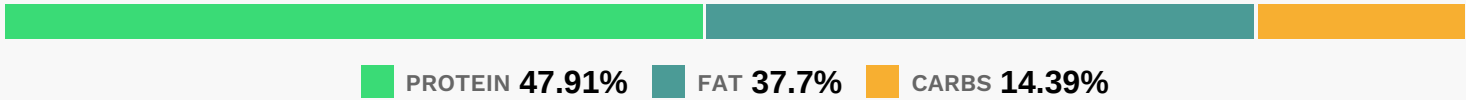
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Add the white wine to a saucepan and bring to a boil. When the white wine is boiling, add mussels, clams, and water to just cover, then cook until the shellfish open, about 5 to 8 minutes.
- ☐ Drain and reserve both the water and the shellfish.
- ☐ Remove the mussels and the clams from their shells – keep them separate. Discard the shells. Roughly chop the mussels and clams and combine with the lobster and crabmeat. Season with salt and pepper.
- ☐ Add the saffron to the warm shellfish bouillon and bring to a simmer. Fill the squids (cleaned) with the lobster mix and add to the simmering bouillon. Cook for 5 minutes, then remove the stuffed squids and set aside. Reserve the bouillon.
- ☐ Sauce: In a large skillet, saute the onion, garlic, and thyme until soft, about 5 minutes.
- ☐ Add the reserved shellfish bouillon, squid ink and cream. Boil down until reduced by 1/3, about 10 minutes. Strain onto a small pot, then boil the sauce for another 10 minutes.
- ☐ Serve the stuffed squid with the cream sauce and garnish with fresh herbs.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:30.196521551713%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 246.37kcal (12.32%), Fat: 9.53g (14.66%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 7.51g (2.73%), Sugar: 1.62g (1.8%), Cholesterol: 247.76mg (82.59%), Sodium: 460.69mg (20.03%), Alcohol: 2.06g (100%), Alcohol %: 1.1% (100%), Protein: 27.26g (54.51%), Vitamin B12: 8.78µg (146.35%), Selenium: 82.38µg (117.69%), Copper: 2mg (100.24%), Manganese: 1.48mg (74.13%), Vitamin K: 66.64µg (63.46%), Phosphorus: 370.49mg (37.05%), Zinc: 4.25mg (28.31%), Vitamin B2: 0.43mg (25.12%), Vitamin C: 16.44mg (19.92%), Magnesium: 69.79mg (17.45%), Iron: 2.98mg (16.53%), Vitamin A: 808.1IU (16.16%), Vitamin B3: 3.05mg (15.24%), Potassium: 499.81mg (14.28%), Vitamin B5: 1.28mg (12.82%), Vitamin E: 1.64mg (10.96%), Calcium: 108.56mg (10.86%), Folate: 42.43µg (10.61%), Vitamin B6: 0.19mg (9.34%), Vitamin B1: 0.11mg (7.45%), Fiber: 0.68g (2.71%), Vitamin D: 0.32µg (2.12%)