



Octopus in Tomato Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



314 kcal

SAUCE

Ingredients

- 4 bay leaves
- 8 ounce peas drained canned
- 28 ounce canned tomatoes whole peeled canned
- 1 teaspoon curry powder
- 0.3 cup mint leaves fresh chopped
- 6 cloves garlic chopped
- 0.5 teaspoon lemon zest grated
- 1 teaspoon spice mixed

- 2 tablespoons olive oil
- 10 olives whole pitted ripe
- 1 large onion chopped
- 0.5 teaspoon orange zest grated
- 2 potatoes cubed peeled
- 1 cup red wine
- 4 servings salt and pepper to taste
- 2 tablespoons tomato paste
- 1 teaspoon granulated sugar white

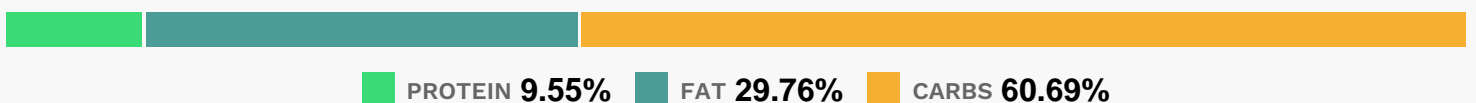
Equipment

- frying pan
- pot

Directions

- Place the octopus into a large pot and fill with enough lightly salted water to cover. Bring to a boil, and then simmer over medium heat until octopus is opaque, about 15 minutes.
- Drain and allow to cool slightly; cut into bite-size pieces.
- Heat the olive oil in a large skillet over medium heat.
- Add the onion, garlic, mint leaves, curry powder and mixed spice; cook and stir until onion is soft. Season to taste with salt and pepper.
- Mix in the octopus pieces, wine, lemon zest and orange zest. Simmer for 3 to 4 minutes to blend the flavors, then stir in the tomatoes, tomato paste, peas, potatoes, olives and bay leaves. Cover and simmer over low heat until potatoes and octopus are tender, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:68.96, Glycemic Load:16.28, Inflammation Score:-9, Nutrition Score:19.943478211113%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 314.1kcal (15.7%), Fat: 9.42g (14.5%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 43.24g (14.41%), Net Carbohydrates: 35.1g (12.77%), Sugar: 11.46g (12.74%), Cholesterol: 0mg (0%), Sodium: 814.3mg (35.4%), Alcohol: 6.36g (100%), Protein: 6.81g (13.62%), Vitamin C: 51.57mg (62.51%), Manganese: 0.8mg (40.24%), Vitamin B6: 0.74mg (37.03%), Potassium: 1144.48mg (32.7%), Fiber: 8.13g (32.53%), Vitamin A: 1397.97IU (27.96%), Iron: 4.68mg (26.02%), Vitamin K: 25.89µg (24.66%), Vitamin E: 3.24mg (21.58%), Copper: 0.4mg (20.04%), Magnesium: 78.05mg (19.51%), Vitamin B3: 3.66mg (18.3%), Phosphorus: 177.31mg (17.73%), Vitamin B1: 0.26mg (17.27%), Folate: 60.03µg (15.01%), Calcium: 129.69mg (12.97%), Vitamin B2: 0.21mg (12.59%), Zinc: 1.32mg (8.79%), Vitamin B5: 0.72mg (7.17%), Selenium: 2.86µg (4.09%)