



Octopus Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 carrots halved lengthwise very thinly sliced
- 1 celery stalks halved lengthwise thinly sliced
- 0.3 cup flat parsley chopped
- 3 garlic clove finely chopped
- 0.3 cup juice of lemon fresh
- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 teaspoon oregano dried
- 0.5 teaspoon sea salt fine

Equipment

- bowl
- pot
- colander

Directions

- Cut off and discard head of octopus, then cut tentacles into 1-inch pieces. Generously cover octopus with water in a heavy medium pot and gently simmer, uncovered, until tender, 45 minutes to 1 hour.
- Drain octopus in a colander and cool to room temperature, then transfer to a bowl. Stir in remaining ingredients, 1/2 teaspoon pepper, and additional sea salt to taste.
- Let stand 30 minutes for flavors to develop.
- Octopus salad, without parsley, can be made 1 day ahead and chilled, covered. Stir in parsley just before serving.

Nutrition Facts

PROTEIN 1.45% **FAT 87.97%** **CARBS 10.58%**

Properties

Glycemic Index:18.23, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:4.6030435795369%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 67.29kcal (3.36%), Fat: 6.82g (10.49%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.6g (0.66%), Cholesterol: 0mg (0%), Sodium: 152.82mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin K: 46.62µg (44.4%), Vitamin A: 1488.3IU (29.77%), Vitamin C: 7.09mg (8.6%), Vitamin E: 1.07mg (7.11%), Manganese: 0.04mg (1.93%), Folate: 7.14µg (1.78%), Vitamin

B6: 0.03mg (1.56%), Potassium: 52.8mg (1.51%), Fiber: 0.38g (1.51%), Iron: 0.27mg (1.48%)