



## Octopus Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## 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
- ☐ 2 pound octopus legs frozen thawed rinsed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon oregano dried

☐

0.5 teaspoon sea salt   fine

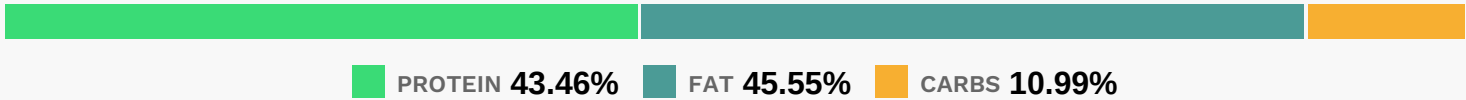
## Equipment

- ☐ 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



## Properties

Glycemic Index:18.23, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:20.194782298544%

## 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: 160.27kcal (8.01%), Fat: 7.99g (12.3%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.96g (1.44%), Sugar: 0.6g (0.66%), Cholesterol: 54.43mg (18.14%), Sodium: 413.64mg (17.98%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Vitamin B12: 22.68µg (377.99%), Selenium: 50.99µg (72.84%), Vitamin K: 46.74µg (44.51%), Iron: 6.28mg (34.87%), Vitamin A: 1658.4IU (33.17%), Copper: 0.51mg (25.29%), Vitamin B6: 0.44mg (21.97%), Phosphorus: 217.58mg (21.76%), Vitamin E: 2.43mg (16.18%), Vitamin C: 12.76mg (15.47%), Zinc: 1.97mg (13.13%), Potassium: 449.69mg (12.85%), Vitamin B3: 2.51mg (12.54%), Magnesium: 37.15mg (9.29%), Calcium: 69.92mg (6.99%), Folate: 25.28µg (6.32%), Vitamin B5: 0.62mg (6.16%), Manganese: 0.07mg (3.35%), Vitamin B2: 0.06mg (3.25%), Vitamin B1: 0.05mg (3.03%), Fiber: 0.38g (1.51%)