



 **97%**
HEALTH SCORE

Octopus Salad (Ensalada de Pulpo)

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



135 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pound octopus legs cleaned
- 4 servings salt
- 1 large sprigs oregano fresh
- 1 large sprigs parsley fresh
- 1 sprigs cilantro leaves fresh
- 1 cup cucumber thick peeled seeded chopped (if the peels are and bitter, otherwise leave them on)
- 0.5 cup onion red finely chopped
- 3 spring onion sliced

- 1 jalapeno fresh hot minced seeded for heat, if really , only use a small amount (test)
- 0.5 cup cilantro leaves fresh chopped (loose)
- 0.5 teaspoon oregano dried
- 2 Tbsp juice of lime
- 2 Tbsp apple cider vinegar
- 0.3 cup olive oil
- 2 cups tomatoes seeded chopped

Equipment

- bowl
- frying pan
- oven
- pot
- dutch oven

Directions

- Heat a large pot of lightly salted water to a boil.
- Place the raw octopus in the boiling water, return the water to a boil, and boil for 2 minutes. Then remove the octopus from the pot and place to cool on a sheet pan. Discard the cooking water.
- Cut the octopus into large pieces, discard anything that doesn't look like meat (innards, beak, etc.) that somehow slipped by the cleaning process.
- Place the pieces of the octopus on the bed of herbs.
- Bake: Prepare a bed of herbs (parsley, cilantro, fresh oregano) in a small Dutch oven or covered casserole.
- Place the octopus pieces on top of the herbs, cover and bake in a 250°F (120°C) oven for 1 3/4 hours, until tender (adjust cooking time for smaller or larger octopi).
- Prep the baked octopus pieces:
- Remove the pieces of octopus to a sheet pan to cool. When cool to touch, pull off any gelatinous bits that surround the pieces of the octopus that you don't want to eat. (It's a

texture thing. If you don't mind the texture, don't worry about it, it tastes good.)

- You may also notice small round pieces of meat that sort of look like eyeballs. They're not eyeballs, but pieces from the octopus' suction cups on the tentacles. They taste good too, just like the rest of the octopus.
- Cut the meat into 1/2-inch pieces. You should have close to 2 cups of chopped octopus meat.
- Combine with remaining ingredients (except tomato) and chill:
- Place the chopped octopus into a large, non-reactive bowl.
- Add the cucumbers, red onion, scallions, cilantro, dried oregano, and jalapeño.
- Add the lime juice, cider vinegar, olive oil, a sprinkle of salt, and stir to combine. Cover and chill for 2 hours or overnight.
- To serve, stir in the chopped tomatoes.

Nutrition Facts



PROTEIN 41.89% **FAT 43.22%** **CARBS 14.89%**

Properties

Glycemic Index:72.5, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:33.151739244876%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 340.05kcal (17%), Fat: 16.15g (24.85%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 10.4g (3.78%), Sugar: 3.82g (4.25%), Cholesterol: 108.86mg (36.29%), Sodium: 724.39mg (31.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.22g (70.44%), Vitamin B12: 45.36µg (755.99%), Selenium: 101.87µg (145.52%), Iron: 12.82mg (71.23%), Copper: 1.08mg (54.15%), Vitamin K: 51.17µg (48.73%), Vitamin B6: 0.95mg (47.46%), Phosphorus: 460.5mg (46.05%), Vitamin C: 33.22mg (40.26%), Vitamin E: 5.43mg (36.2%), Potassium: 1113.68mg (31.82%), Zinc: 4.11mg (27.37%), Vitamin B3: 5.4mg (26.99%), Vitamin A: 1318.34IU (26.37%), Magnesium: 87.67mg (21.92%), Folate: 66.52µg (16.63%), Calcium: 155.68mg (15.57%), Vitamin B5: 1.35mg (13.52%),

Manganese: 0.27mg (13.31%), Fiber: 2.12g (8.48%), Vitamin B1: 0.13mg (8.41%), Vitamin B2: 0.14mg (8.02%)