



## Octopus Salad with Potatoes and Green Beans



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 bay leaf
- ☐ 1 carrots chopped
- ☐ 1 rib celery chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 pound green beans cut into 1 1/2-inch lengths
- ☐ 1.5 pounds octopus tentacles separated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion halved

- ☐ 1 tablespoon parsley  chopped
- ☐ 30 servings salt and pepper  freshly ground
- ☐ 1.5 pound yukon gold potatoes

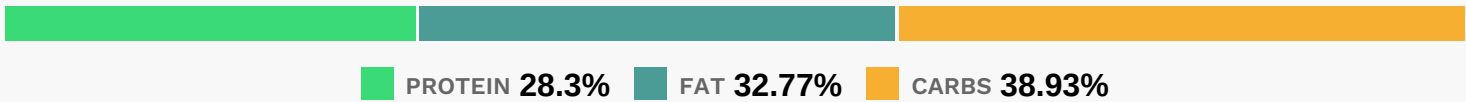
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

## Directions

- ☐ Fill a large saucepan with water, add the onion, carrot, celery and bay leaf and bring to a boil.
- ☐ Add the octopus and simmer over moderate heat for 1 hour, until tender.
- ☐ Let the octopus cool in the liquid, then drain. Using a paper towel, wipe the purple skin off the tentacles, leaving the suckers intact.
- ☐ Cut the tentacles into 1-inch pieces.
- ☐ Meanwhile, in a saucepan of boiling salted water, cook the green beans until tender, 5 minutes. Using a slotted spoon, transfer the beans to a plate and pat dry.
- ☐ Add the potatoes to the boiling water and cook until tender, 25 minutes.
- ☐ Let cool slightly, then peel and dice the potatoes.
- ☐ In a large bowl, combine the octopus with the potatoes, green beans, garlic, parsley and olive oil and season with salt and pepper.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:9.92, Glycemic Load:3.2, Inflammation Score:-4, Nutrition Score:7.9047825699267%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 56.83kcal (2.84%), Fat: 2.08g (3.21%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 4.74g (1.72%), Sugar: 0.68g (0.75%), Cholesterol: 10.89mg (3.63%), Sodium: 249.47mg (10.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin B12: 4.54µg (75.6%), Selenium: 10.31µg (14.73%), Vitamin A: 437.99IU (8.76%), Vitamin C: 7.13mg (8.64%), Vitamin B6: 0.17mg (8.39%), Iron: 1.49mg (8.3%), Vitamin K: 7.27µg (6.92%), Copper: 0.13mg (6.57%), Phosphorus: 60mg (6%), Potassium: 203.97mg (5.83%), Vitamin B3: 0.8mg (3.99%), Vitamin E: 0.58mg (3.87%), Magnesium: 14.63mg (3.66%), Manganese: 0.07mg (3.35%), Fiber: 0.83g (3.32%), Zinc: 0.48mg (3.2%), Folate: 11.06µg (2.76%), Vitamin B1: 0.03mg (2.3%), Vitamin B5: 0.21mg (2.09%), Calcium: 19.6mg (1.96%), Vitamin B2: 0.03mg (1.57%)