

food
network



HEALTH SCORE

57%

One Hour Calamari in Umido with Ramp Bruschetta



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



627 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices country bread thick
- ☐ 3 pounds clean calamari
- ☐ 1 tablespoon chilies hot crushed
- ☐ 1 cup cooking wine dry white
- ☐ 4 tablespoons extra virgin olive oil plus
- ☐ 1 bunch marjoram
- ☐ 2 bunches ramps whole

☐ 10 cloves garlic whole peeled

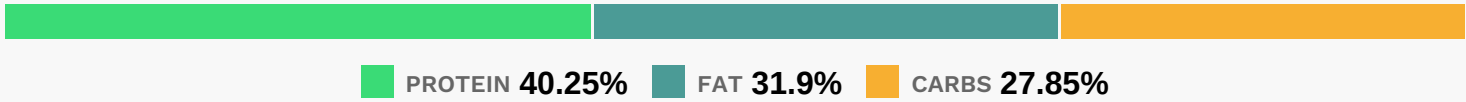
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ Check calamari for any cartilage and cut into 1-inch pieces.
- ☐ Place calamari in a 6-quart saucepan and add olive oil, garlic cloves, chilies, wine and tomato sauce and bring to a boil. Lower heat to a high simmer and cook 1 hour.
- ☐ Meanwhile, place ramps on grill until wilted, about 1 minute.
- ☐ Remove and allow to cool. Chop cooled ramps into 1/2-inch pieces, place in a mixing bowl with remaining oil and marjoram leaves and stir to blend.
- ☐ When calamari is tender, season with salt and pepper.
- ☐ Place bread on grill and toast.
- ☐ Remove and spoon ramp mixture over bread, divide calamari among four bowls, top with a bruschetta and serve.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:8.2, Inflammation Score:-9, Nutrition Score:43.167825740317%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg,

Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg
Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.23mg, Apigenin:
0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:
0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg,
Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg,
Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 626.74kcal (31.34%), Fat: 20.46g (31.47%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 40.19g (13.4%),
Net Carbohydrates: 35.07g (12.75%), Sugar: 4.61g (5.13%), Cholesterol: 792.65mg (264.22%), Sodium: 291.83mg
(12.69%), Alcohol: 6.18g (100%), Alcohol %: 1.52% (100%), Protein: 58.08g (116.16%), Copper: 6.57mg (328.58%),
Selenium: 161.9µg (231.28%), Vitamin B2: 1.51mg (88.96%), Phosphorus: 830.96mg (83.1%), Vitamin B12: 4.42µg
(73.71%), Iron: 10.02mg (55.64%), Manganese: 1mg (49.75%), Vitamin K: 49.55µg (47.19%), Vitamin B3: 9.4mg
(47.01%), Vitamin E: 6.29mg (41.93%), Vitamin C: 33.77mg (40.93%), Zinc: 5.89mg (39.27%), Magnesium: 154.11mg
(38.53%), Vitamin A: 1613.95IU (32.28%), Calcium: 321.78mg (32.18%), Potassium: 1056.37mg (30.18%), Vitamin B6:
0.44mg (21.9%), Fiber: 5.12g (20.5%), Vitamin B5: 2.01mg (20.1%), Folate: 59.62µg (14.91%), Vitamin B1: 0.22mg
(14.79%)