



Oregano Lemon Grilled Calamari

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



10

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds calamari tubes and tentacles
- 1 clove garlic minced
- 1 juice of lemon juiced plus more for serving
- 10 servings juice of lemon
- 2 tablespoons lemon zest (2 lemons)
- 6 tablespoons olive oil extra-virgin
- 1 teaspoon oregano dried
- 10 servings parsley chopped for garnish

- 1 teaspoon pepper
- 2 teaspoons salt

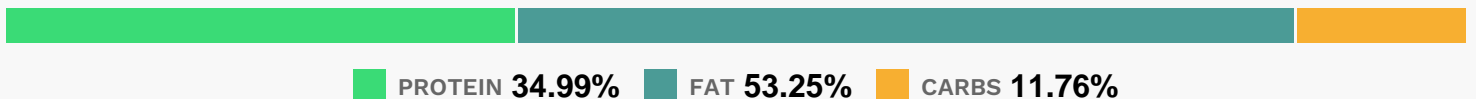
Equipment

- bowl
- grill
- grill pan

Directions

- Slit the calamari tubes up 1 side and lightly score 1 side.
- Place the tubes and tentacles in a bowl and add the lemon zest, lemon juice, garlic, olive oil, oregano, salt and pepper and toss to combine. Refrigerate for 30 minutes.
- Preheat a grill pan on high heat.
- Remove the calamari from the refrigerator and place on the grill in batches for 1 1/2 to 2 minutes per side.
- Cut the tubes into strips and leave the tentacles whole. Before serving, sprinkle with lemon juice and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:16.874782427498%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg 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: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 165.16kcal (8.26%), Fat: 9.75g (15%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.39g (1.6%), Sugar: 0.55g (0.61%), Cholesterol: 211.37mg (70.46%), Sodium: 507.81mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.82%), Copper: 1.73mg (86.49%), Vitamin K: 72.23µg (68.79%), Selenium: 40.73µg (58.19%), Vitamin B2: 0.38mg (22.53%), Vitamin C: 18.2mg (22.06%), Phosphorus: 205.46mg (20.55%), Vitamin B12: 1.18µg (19.66%), Vitamin E: 2.4mg (15.98%), Vitamin B3: 2.06mg (10.32%), Zinc: 1.46mg (9.7%), Magnesium: 34.17mg (8.54%), Potassium: 272.35mg (7.78%), Vitamin A: 373.1IU (7.46%), Iron: 1.04mg (5.77%), Vitamin B5: 0.5mg (5.03%), Calcium: 42.23mg (4.22%), Manganese: 0.08mg (4.1%), Folate: 14.89µg (3.72%), Vitamin B6: 0.07mg (3.56%), Vitamin B1: 0.03mg (1.85%), Fiber: 0.46g (1.82%)