



## Poached Baby Octopus

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

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 bay leaves
- 2 carrots chopped
- 3 ribs celery chopped
- 2 inch ginger fresh sliced
- 0.5 bunch parsley fresh
- 4 sprigs thyme leaves fresh
- 6 garlic cloves crushed
- 1 bunch green onions chopped

- 3 tablespoons kosher salt
- 1 optional: lemon
- 1 stalk lemongrass chopped cut in half and
- 1 lime
- 2 cups merlot
- 4 baby octopus cleaned
- 1 cranberry-orange relish
- 20 peppercorns
- 1 sprig rosemary
- 7 pieces star anise

## Equipment

- pot

## Directions

- Fill a large stockpot with 1 gallon water.
- Cut lemon, lime, and orange in half, and squeeze juices into pot; add rinds. Stir in carrot and next 13 ingredients. Bring to a boil; add octopus. Reduce heat to medium-low, and simmer 90 minutes.

## Nutrition Facts

■ PROTEIN 10.56% ■ FAT 6.78% ■ CARBS 82.66%

## Properties

Glycemic Index:113.71, Glycemic Load:4.52, Inflammation Score:-10, Nutrition Score:19.753478195356%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 23.66mg, Hesperetin: 23.66mg, Hesperetin: 23.66mg, Hesperetin: 23.66mg Naringenin: 5.74mg, Naringenin: 5.74mg, Naringenin: 5.74mg, Naringenin: 5.74mg Apigenin: 16.23mg, Apigenin: 16.23mg, Apigenin: 16.23mg, Apigenin: 16.23mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 1.44mg,

Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Nutrients (% of daily need)

Calories: 169.82kcal (8.49%), Fat: 0.74g (1.14%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 15.94g (5.79%), Sugar: 6.91g (7.68%), Cholesterol: 0.48mg (0.16%), Sodium: 5292.16mg (230.09%), Alcohol: 12.51g (100%), Alcohol %: 5.33% (100%), Protein: 2.6g (5.21%), Vitamin K: 143.09µg (136.27%), Vitamin A: 6039.75IU (120.8%), Vitamin C: 53.67mg (65.06%), Manganese: 0.69mg (34.38%), Fiber: 4.45g (17.79%), Potassium: 597.83mg (17.08%), Iron: 2.92mg (16.22%), Vitamin B6: 0.28mg (13.78%), Folate: 50.95µg (12.74%), Magnesium: 43.18mg (10.8%), Calcium: 104.52mg (10.45%), Phosphorus: 86.63mg (8.66%), Copper: 0.16mg (7.83%), Vitamin B2: 0.13mg (7.51%), Vitamin B1: 0.11mg (7.05%), Vitamin B3: 1.14mg (5.68%), Zinc: 0.73mg (4.88%), Vitamin B5: 0.46mg (4.61%), Vitamin E: 0.53mg (3.57%), Vitamin B12: 0.2µg (3.33%), Selenium: 2.03µg (2.91%)