



Salt and Pepper Squid with Asian Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 teaspoons pepper black divided freshly ground
- ☐ 8 cups cabbage shredded finely
- ☐ 2.5 pound calamari tubes and tentacles frozen thawed cleaned
- ☐ 2 teaspoons garlic-chili sauce
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 green onions diagonally sliced

- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon oil
- ☐ 1 bell pepper red cut into thin strips
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1.8 teaspoons salt divided
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sugar

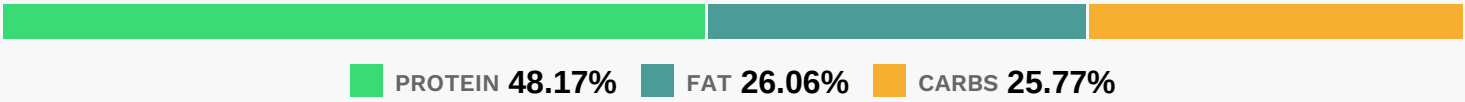
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine cabbage and next 4 ingredients in a large bowl; set aside.
- ☐ Whisk together lime juice, 1/4 teaspoon salt, 1/4 teaspoon pepper, vinegar, and next 4 ingredients; set aside.
- ☐ Slice squid in half lengthwise. Score squid tubes with the tip of a knife in a diamond design; pat dry.
- ☐ Brush tubes and tentacles with oil, and sprinkle with remaining 1 1/2 teaspoons salt and 1 1/2 teaspoons pepper.
- ☐ Coat grill rack with cooking spray.
- ☐ Place squid on grill, scored side down. Grill squid, covered with grill lid, over medium-high heat (350 to 400 degrees F) 4 to 5 minutes on each side.
- ☐ Remove squid from grill, and cut into 1-inch pieces.
- ☐ Serve warm squid over cabbage mixture, and drizzle with lime vinaigrette.
- ☐ Note: You also may broil squid 1 to 2 minutes on each side or until opaque.

Nutrition Facts



Properties

Glycemic Index:38.39, Glycemic Load:2.36, Inflammation Score:-7, Nutrition Score:26.120869532875%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 196.22kcal (9.81%), Fat: 5.64g (8.67%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 9.98g (3.63%), Sugar: 4.71g (5.23%), Cholesterol: 330.27mg (110.09%), Sodium: 603.15mg (26.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.88%), Copper: 2.72mg (135.96%), Selenium: 63.83µg (91.18%), Vitamin C: 54.95mg (66.61%), Vitamin K: 65.54µg (62.42%), Vitamin B2: 0.64mg (37.59%), Phosphorus: 341.35mg (34.13%), Vitamin B12: 1.84µg (30.71%), Vitamin B3: 3.51mg (17.55%), Vitamin E: 2.45mg (16.37%), Vitamin A: 811.68IU (16.23%), Zinc: 2.39mg (15.96%), Potassium: 546.85mg (15.62%), Magnesium: 61.58mg (15.4%), Manganese: 0.28mg (14.07%), Folate: 50.55µg (12.64%), Vitamin B6: 0.22mg (11.11%), Fiber: 2.56g (10.25%), Vitamin B5: 0.94mg (9.35%), Iron: 1.63mg (9.04%), Calcium: 87.65mg (8.77%), Vitamin B1: 0.09mg (5.78%)