



Salt & pepper squid



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 0.5 tsp five spice powder chinese
- ☐ 4 servings sesame oil
- ☐ 3 sprigs cilantro leaves
- ☐ 4 servings chilli sauce sweet
- ☐ 400 g frangelico cooked canned (the tentacles can be alongside, if you want)
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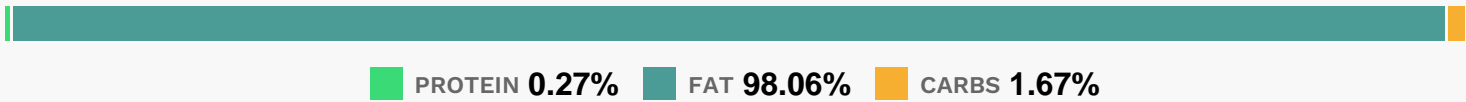
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ kitchen scissors
- ☐ tongs

Directions

- ☐ Ask the fishmonger to clean the squid; little ones often come ready-cleaned. Using kitchen scissors, cut open the body and open out. Wash well, then pat dry. If you have a large squid, cut the body into four portions, roughly square. Small squid can just be opened up.
- ☐ Using the tip of a very sharp knife, score the top in a neat criss-cross.
- ☐ Brush with oil and set aside while you heat the barbecue or griddle until ready to cook.
- ☐ Mix together 2 tsp sea salt, Chinese five-spice and 1 tsp freshly ground black pepper.
- ☐ Sprinkle on both sides of the squid just before cooking, according to taste. You may not need it all.
- ☐ Heat the griddle pan to hot and cook about 1 min each side, until it starts to curl.
- ☐ Remove with tongs to a serving plate and drizzle with a little sesame oil. To serve, garnish with coriander leaves and serve with small bowls of sweet chilli sauce to dip into.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.2326087023577%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 189.77kcal (9.49%), Fat: 21.09g (32.45%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.49g (0.55%), Cholesterol: 0mg (0%), Sodium: 10.99mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin K: 11.28µg (10.75%), Vitamin E: 1.25mg

(8.3%), Vitamin A: 114.02IU (2.28%), Iron: 0.25mg (1.41%)