



## Sautéed Calamari with Anaheim Chilies and Marinated Tomatoes



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 pound calamari dry cleaned drained cut into rings. tentacles included if desired. make sure calamari is well and relatively
- ☐ 2 tablespoon garlic minced
- ☐ 1 juice of lemon
- ☐ 1 pinch kosher salt
- ☐ 2 ounce olive oil
- ☐ 4 tablespoon parsley italian chopped
- ☐ 1 teaspoon pepper flakes red crushed

- ☐ 1 cup roasted peeled deseeded cut into strips
- ☐ 1 cup tomatoes fresh drained roughly chopped

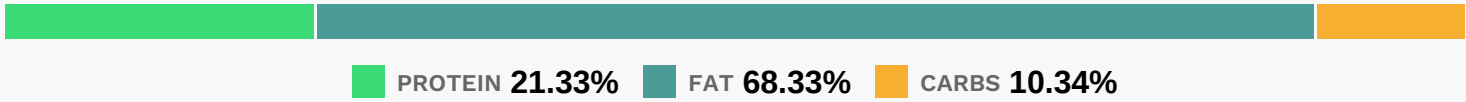
## Equipment

- ☐ frying pan

## Directions

- ☐ Set a large sauté pan over high heat.
- ☐ Add olive oil and heat until shimmering.
- ☐ Add the squid and cook over high heat, tossing, until starting to turn opaque, about 1 minute. When the calamari is starting to color add garlic and salt. Continue cooking over high heat until garlic is golden brown. Then add chilies, tomatoes, parsley and red pepper, tossing to combine.
- ☐ Remove from heat and finish with lemon juice.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:25.710869685463%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 350.56kcal (17.53%), Fat: 26.85g (41.3%), Saturated Fat: 3.89g (24.33%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.16g (2.97%), Sugar: 2.29g (2.54%), Cholesterol: 264.22mg (88.07%), Sodium: 74.65mg (3.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.72%), Copper: 2.22mg (110.79%), Vitamin C:

68.69mg (83.26%), Vitamin K: 86.48µg (82.36%), Selenium: 51.67µg (73.82%), Vitamin E: 5.45mg (36.34%), Vitamin B2: 0.51mg (30.21%), Phosphorus: 277.27mg (27.73%), Vitamin B12: 1.47µg (24.57%), Vitamin A: 880.44IU (17.61%), Vitamin B6: 0.32mg (16.02%), Vitamin B3: 3.08mg (15.42%), Potassium: 455.64mg (13.02%), Zinc: 1.95mg (12.98%), Magnesium: 50.24mg (12.56%), Manganese: 0.19mg (9.63%), Iron: 1.71mg (9.48%), Vitamin B5: 0.7mg (6.96%), Calcium: 56.65mg (5.67%), Folate: 22.13µg (5.53%), Vitamin B1: 0.06mg (4.28%), Fiber: 0.98g (3.9%)