



HEALTH SCORE

100%

Seppie in Zimino con Piselli (Cuttlefish Stew with Peas and Spinach)



Gluten Free



Dairy Free



Very Healthy

READY IN



140 min.

SERVINGS



4

CALORIES



939 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 fillet anchovy dry rinsed



1 cup baby spinach washed well



56 ounce tomatoes whole crushed peeled canned



0.5 medium carrots shredded finely



3 ribs celery cut into 1/4-inch strips



2 chili peppers whole hot



3 pounds cuttlefish cleaned cut into 1/2-inch pieces

- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 cloves garlic peeled
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 4 servings lemon wedges for garnish
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 onion spanish chopped
- ☐ 1 medium onion spanish sliced into 1/4-inch rounds
- ☐ 1.5 pounds peas shucked to yield fresh
- ☐ 2 medium potatoes peeled cut into 1/4-inch dice
- ☐ 4 servings salt to taste
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons vinegar white

Equipment

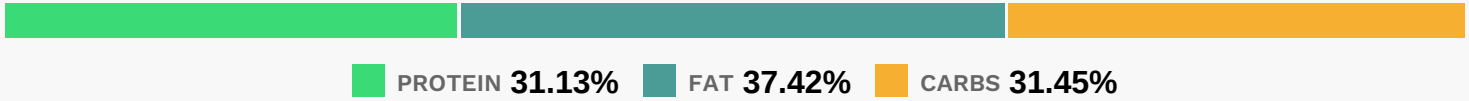
- ☐ sauce pan
- ☐ oven
- ☐ stove

Directions

- ☐ cup basic tomato sauce, recipe follows;
- ☐ In an earthenware that is oven and stove-resistant, place olive oil, onion, celery, garlic, anchovies and chili peppers and cook until softened and light golden brown, about 10 minutes.
- ☐ Add the tomato sauce, cuttlefish, and potatoes and bring to a boil. Season with salt and pepper and add wine, vinegar and peas and cover. Simmer 1 hour. Check for seasoning and tenderness, add spinach, wilt 2 minutes covered and serve with lemon wedges.;
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.

- ☐
- Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐
- Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:122.1, Glycemic Load:22.66, Inflammation Score:-10, Nutrition Score:73.878695778225%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg, Apigenin: 1.06mg Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg, Luteolin: 2.91mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 14.45mg, Quercetin: 14.45mg, Quercetin: 14.45mg, Quercetin: 14.45mg

Nutrients (% of daily need)

Calories: 938.66kcal (46.93%), Fat: 38.66g (59.47%), Saturated Fat: 5.51g (34.43%), Carbohydrates: 73.12g (24.37%), Net Carbohydrates: 54.35g (19.77%), Sugar: 23.53g (26.14%), Cholesterol: 383.42mg (127.81%), Sodium: 2281.19mg (99.18%), Alcohol: 3.09g (100%), Alcohol %: 0.33% (100%), Protein: 72.36g (144.71%), Selenium: 159.06µg (227.23%), Vitamin B2: 3.67mg (216.03%), Vitamin C: 162.4mg (196.85%), Vitamin B12: 10.23µg (170.51%), Phosphorus: 1693.85mg (169.38%), Iron: 29.51mg (163.95%), Copper: 2.79mg (139.44%), Vitamin K: 123.22µg (117.36%), Vitamin A: 5474.78IU (109.5%), Manganese: 1.96mg (97.82%), Potassium: 3137.69mg (89.65%), Vitamin B6: 1.78mg (89.1%), Fiber: 18.76g (75.05%), Magnesium: 256.91mg (64.23%), Folate: 254.47µg (63.62%), Vitamin B3: 12.68mg (63.42%), Zinc: 9.32mg (62.16%), Calcium: 561.25mg (56.12%), Vitamin E: 8.23mg (54.87%), Vitamin B1: 0.81mg (53.88%), Vitamin B5: 2.93mg (29.29%)