

Simmered squid



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil for drizzling
- ☐ 1 kg squid rings thick prepared cleaned cut into rings
- ☐ 2 onion chopped
- ☐ 3 garlic clove sliced
- ☐ 1 pinch pepper
- ☐ 1 tsp fennel seeds
- ☐ 3 bay leaves
- ☐ 1 tbsp rosemary roughly chopped

- ☐ 1 pinch sugar
- ☐ 3 tbsp red wine vinegar
- ☐ 400 g canned tomatoes chopped canned
- ☐ 200 ml red wine
- ☐ 1 handful cilantro leaves chopped
- ☐ 0.5 orange zest

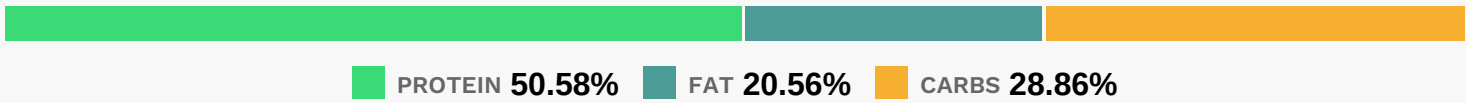
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the olive oil in a shallow saucepan or flameproof casserole and add the squid, onions and garlic.
- ☐ Add the dry ingredients and simmer until all the liquid has evaporated and the onions are tender, about 15 mins.
- ☐ Add the vinegar and chopped tomatoes, simmer for 1 min, then pour over the red wine and season. Simmer very gently on the lowest heat, stirring occasionally, for 1 hr or until the sauce is rich and the squid is really tender.
- ☐ Turn off the heat, leave to cool slightly, then drizzle with a little more olive oil and scatter with the coriander and orange zest.

Nutrition Facts



Properties

Glycemic Index:70.52, Glycemic Load:3.89, Inflammation Score:-7, Nutrition Score:31.696086925009%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg, Delphinidin: 1.02mg Malvidin: 7.02mg, Malvidin: 7.02mg, Malvidin: 7.02mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin:

0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 370.94kcal (18.55%), Fat: 7.51g (11.56%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 20.1g (7.31%), Sugar: 7.33g (8.14%), Cholesterol: 582.5mg (194.17%), Sodium: 249.36mg (10.84%), Alcohol: 5.38g (100%), Alcohol %: 1.43% (100%), Protein: 41.6g (83.2%), Copper: 4.96mg (247.85%), Selenium: 113.37µg (161.95%), Vitamin B2: 1.12mg (66.11%), Phosphorus: 620.42mg (62.04%), Vitamin B12: 3.25µg (54.17%), Vitamin C: 28.73mg (34.83%), Vitamin B3: 6.93mg (34.66%), Vitamin E: 4.81mg (32.03%), Potassium: 1091.76mg (31.19%), Magnesium: 119.55mg (29.89%), Zinc: 4.35mg (28.98%), Manganese: 0.51mg (25.5%), Vitamin B6: 0.44mg (21.77%), Iron: 3.86mg (21.43%), Vitamin B5: 1.64mg (16.38%), Calcium: 155.82mg (15.58%), Fiber: 3.65g (14.59%), Vitamin B1: 0.17mg (11.08%), Vitamin K: 10.99µg (10.47%), Folate: 40.27µg (10.07%), Vitamin A: 412.13IU (8.24%)