



 **31%**
HEALTH SCORE

Sotong Bakar (Barbecue Squid)

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 1 inch ginger fresh peeled coarsely chopped
- 6 large garlic clove
- 0.3 teaspoon kosher salt
- 2 tablespoons soy sauce
- 0.3 cup bell pepper red chopped
- 3 large shallots peeled coarsely chopped
- 1.5 pounds squid tubes whole skinless cleaned

- 6 tablespoons sugar
- 13 thai chile fresh red stemmed

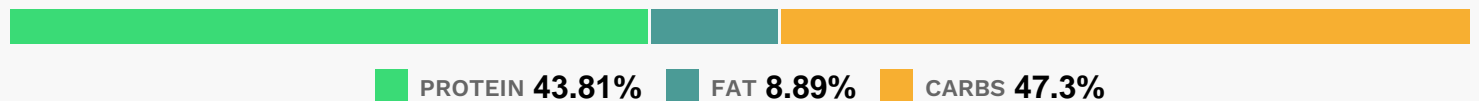
Equipment

- food processor
- grill
- ziploc bags

Directions

- Score squid by making 4 (1/2-inch) crosswise cuts in each tube.
- Combine bell pepper and next 4 ingredients (through ginger) in a food processor; process until finely ground. Stir in sugar, soy, black pepper, and salt.
- Combine squid and 2/3 cup chile mixture in a large zip-top plastic bag; seal. Marinate in refrigerator 3 hours, turning bag occasionally. Reserve remaining 2/3 cup chile mixture for dipping sauce.
- Preheat grill to medium heat.
- Remove squid from bag; discard marinade. Arrange squid in a single layer on grill rack coated with cooking spray. Grill for 2 minutes on each side or until charred and squid begins to curl around edges.
- Serve with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:14.04, Inflammation Score:-6, Nutrition Score:24.685217380524%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 260.97kcal (13.05%), Fat: 2.56g (3.95%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.33g (10.67%), Sugar: 20.58g (22.86%), Cholesterol: 396.33mg (132.11%), Sodium: 512.94mg (22.3%), Alcohol: 0g (100%), Protein: 28.44g (56.88%), Copper: 3.28mg (164.15%), Selenium: 77.33µg (110.47%), Vitamin C: 50.52mg (61.24%), Vitamin B2: 0.75mg (44.32%), Phosphorus: 416.82mg (41.68%), Vitamin B12: 2.21µg (36.85%), Vitamin B3: 4.1mg (20.52%), Zinc: 2.87mg (19.13%), Magnesium: 72.68mg (18.17%), Manganese: 0.36mg (18.06%), Potassium: 604.24mg (17.26%), Vitamin E: 2.36mg (15.74%), Vitamin B6: 0.3mg (14.84%), Vitamin A: 565.11IU (11.3%), Vitamin B5: 1.02mg (10.17%), Iron: 1.83mg (10.17%), Calcium: 78.41mg (7.84%), Folate: 26.81µg (6.7%), Fiber: 1.38g (5.53%), Vitamin B1: 0.07mg (4.95%), Vitamin K: 3.46µg (3.29%)