



Southeast Asian Squid Salad



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.5 tablespoons asian fish sauce (preferably nam pla)
- ☐ 6 oz boston lettuce ()
- ☐ 2 carrots halved
- ☐ 1 cucumber seedless halved (usually plastic-wrapped)
- ☐ 2 oz dry-roasted peanuts salted coarsely chopped
- ☐ 1 cup cilantro leaves fresh loosely packed
- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 0.3 cup juice of lime fresh

- ☐ 4 servings accompaniment: lime wedges
- ☐ 0.5 teaspoon salt
- ☐ 4 scallions thinly sliced
- ☐ 1 serrano chiles fresh finely chopped
- ☐ 1.5 lb squid rings rinsed (16)
- ☐ 1.5 tablespoons sugar
- ☐ 2 tablespoons vegetable oil

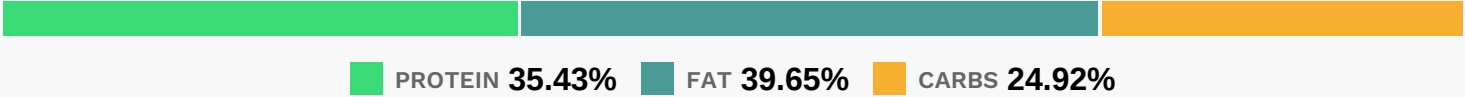
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander
- ☐ peeler

Directions

- ☐ Whisk together lime juice, fish sauce, sugar (to taste), salt, and chile (to taste) in a large bowl until sugar is dissolved, then add oil in a slow stream, whisking until combined.
- ☐ Pull off and reserve flaps from squid bodies if attached.
- ☐ Cut squid bodies crosswise into 3/4-inch-thick rings and halve flaps lengthwise. If tentacle clusters are large, halve lengthwise and cut longer tentacles, if attached, crosswise into 2-inch pieces.
- ☐ Bring a 4- to 5-quart pot of salted water to a boil. Stir in squid and cook until it just turns opaque, about 30 seconds.
- ☐ Drain in a colander and rinse under cold running water to stop cooking.
- ☐ Drain well, then toss in a bowl with 2 tablespoons dressing (reserve remainder).
- ☐ Cut carrots and cucumber lengthwise into thin wide ribbons using a vegetable peeler.
- ☐ Toss together carrot and cucumber ribbons, lettuce, cilantro, mint, and scallions in a large bowl, then add squid and reserved dressing and toss again to coat.
- ☐ Sprinkle squid salad evenly with peanuts before serving.

Nutrition Facts



Properties

Glycemic Index:53.23, Glycemic Load:4.33, Inflammation Score:-10, Nutrition Score:37.605652145717%

Flavonoids

Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg, Eriodictyol: 3.81mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 366.42kcal (18.32%), Fat: 16.53g (25.43%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 23.38g (7.79%), Net Carbohydrates: 18.95g (6.89%), Sugar: 8.64g (9.6%), Cholesterol: 396.33mg (132.11%), Sodium: 1342.47mg (58.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.24g (66.49%), Copper: 3.43mg (171.43%), Vitamin A: 7529.54IU (150.59%), Selenium: 78.96µg (112.8%), Vitamin K: 109.85µg (104.62%), Vitamin B2: 0.84mg (49.33%), Phosphorus: 491.74mg (49.17%), Manganese: 0.77mg (38.68%), Vitamin B12: 2.27µg (37.75%), Vitamin B3: 6.96mg (34.78%), Magnesium: 132.62mg (33.15%), Vitamin C: 25.94mg (31.44%), Potassium: 1011.31mg (28.89%), Folate: 99.11µg (24.78%), Zinc: 3.43mg (22.84%), Vitamin E: 3.11mg (20.73%), Iron: 3.25mg (18.08%), Fiber: 4.43g (17.71%), Vitamin B6: 0.32mg (16.23%), Calcium: 151.89mg (15.19%), Vitamin B5: 1.5mg (14.96%), Vitamin B1: 0.17mg (11.22%)