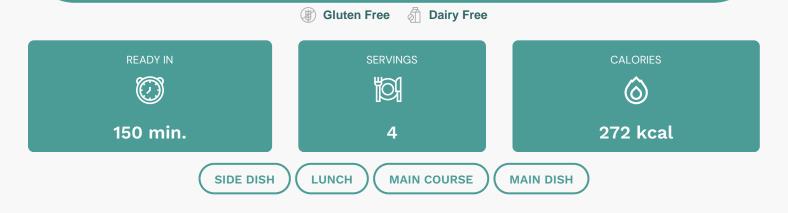


Spicy Squid Salad with Shiitake, Sesame & Lime



Ingredients

!
4 ounce bamboo skewers canned sliced
1 tablespoon chili oil
2 teaspoon lime zest plus more for garnish
1.5 ounce shitake mushrooms dried
2 tablespoon rice vinegar
1 teaspoon sea salt

2 tablespoon asian fish sauce

	4 tablespoon sesame oil	
	1 pound squid rings	
Equipment		
	bowl	
	frying pan	
	whisk	
Directions		
	Thoroughly clean the squid by removing the beak, all cartilage, and any remaining skin-like membranes. Most squid is sold pre-cleaned but it's best to check.	
	Remove the body from the tentacle pieces but keep them whole. Set aside.Prepare an ice bath. Bring a medium-sized pan of water to a boil.	
	Add the squid to the boiling water and turn off the heat. Cook about 30 seconds (no more than 1 minute depending on size) stirring the whole time to assure even cooking. The momenthe squid turns opaque strain and plunge it into ice bath to stop cooking. In a medium bowl whisk together, sesame oil, chili, oil, thai bird chilis, Asian fish sauce, and rice vinegar.	
	Add the reserved squid to the bowl, tossing to coat.	
	Let the mixture marinate in the refrigerator at least 2 hours and up to overnight. Meanwhile, bring 2 cups of water to a boil.	
	Pour the water over the dried shiitake mushrooms.	
	Let them soften about 1 hour, then drain and cut them crosswise into very thin strips, about 1/8-inch wide. Set aside.	
	Cut the bamboo shoots into equally thin strips. Set aside. Peel and slice the ginger into 1/8-inch rounds, then cut them crosswise into very thin strips. Set aside. About ½ hour before serving drain the squid of it's marinade and cut it into bite-sized pieces.	
	Add the reserved shiitake, bamboo shoots, and ginger to the bowl with the marinated squid. Toss with sesame seeds, salt and lime zest.	
	Serve the salad on a platter with additional lime zest as garnish.	

Nutrition Facts

Properties

Glycemic Index:36.5, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:16.420434672547%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 271.64kcal (13.58%), Fat: 19.22g (29.57%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.66g (1.69%), Sugar: 1.09g (1.22%), Cholesterol: 264.22mg (88.07%), Sodium: 1340.53mg (58.28%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 18.97g (37.94%), Copper: 2.22mg (110.77%), Selenium: 52.8µg (75.42%), Vitamin B2: 0.52mg (30.74%), Phosphorus: 267.97mg (26.8%), Vitamin B12: 1.52µg (25.36%), Vitamin B3: 3.11mg (15.53%), Vitamin E: 2.24mg (14.95%), Magnesium: 55.42mg (13.85%), Zinc: 2mg (13.31%), Potassium: 362.7mg (10.36%), Vitamin B5: 0.76mg (7.65%), Vitamin C: 6.2mg (7.52%), Vitamin B6: 0.15mg (7.46%), Manganese: 0.12mg (5.81%), Iron: 1.02mg (5.66%), Calcium: 43.95mg (4.39%), Vitamin K: 4.02µg (3.83%), Folate: 13µg (3.25%), Vitamin B1: 0.04mg (2.67%), Fiber: 0.53g (2.12%)