



Spicy Squid Salad with Shiitake, Sesame & Lime



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoon asian fish sauce
- ☐ 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

- ☐ 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 moment the 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



 PROTEIN **28.15%**  FAT **64.16%**  CARBS **7.69%**

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: 0g (100%), Alcohol %: 0% (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%)