



## Squid and Bell Pepper Stir-Fry

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

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 large onion
- 1 pound squid rings cleaned
- 4 servings rice cooked
- 2 bell pepper red
- 4 servings parsley fresh
- 0.3 cup soya sauce
- 6 plum tomatoes
- 2 garlic clove

- 3 tablespoons sesame seed
- 4 tablespoons vegetable oil; peanut oil preferred
- 1 bell pepper yellow
- 2 teaspoons sesame oil
- 3 tablespoons lawry's seasoned salt

## Equipment

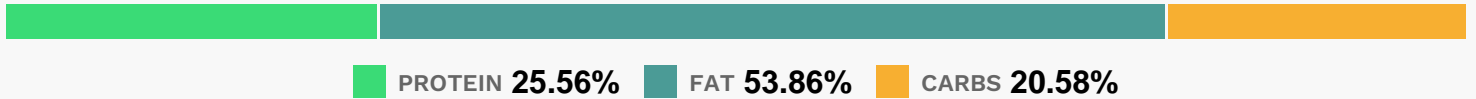
- bowl
- frying pan
- paper towels
- wok

## Directions

- Toast sesame seeds until golden.
- Cut onion half lengthwise into thin slices.
- Cut bell peppers into 1-inch pieces. Mince garlic. Peel and quarter tomatoes. Seed quarters and halve lengthwise.
- Cut flaps and tentacles from squid sacs.
- Cut sacs into 1/4-inch-thick strips and crosswise into 1/4-inch-thick rings. Halve tentacles and flaps lengthwise if large. Pat squid dry with paper towels and season with salt and pepper.
- Heat a wok or large heavy skillet over high heat until a bead of water dropped on cooking surface evaporates immediately.
- Add 2 tablespoons peanut oil, swirling wok or skillet to coat evenly, and heat until hot but not smoking.
- Add onion and stir-fry until softened.
- Add peppers and stir-fry until crisp-tender, about 5 minutes.
- Add garlic and stir-fry until fragrant, about 30 seconds.
- Add tomatoes, soy sauce, and vinegar and simmer, stirring, 1 minute.
- Transfer mixture to a large bowl.

- Add 1 tablespoon peanut oil to wok or skillet and heat until just smoking. Stir-fry half of squid until just opaque, about 30 seconds, and transfer with juices to bowl of vegetables.
- Add remaining tablespoon peanut oil and stir-fry remaining squid, transferring to bowl. Return squid-vegetable mixture to wok or skillet and stir-fry until heated. Season stir-fry with salt and pepper and stir in sesame oil.
- Serve stir-fry over rice, sprinkled with sesame seeds and garnished with parsley.

## Nutrition Facts



### Properties

Glycemic Index:67.55, Glycemic Load:3.09, Inflammation Score:-10, Nutrition Score:33.24739124464%

### Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

### Nutrients (% of daily need)

Calories: 343.91kcal (17.2%), Fat: 21.05g (32.39%), Saturated Fat: 3.56g (22.26%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 14.14g (5.14%), Sugar: 6.05g (6.73%), Cholesterol: 264.22mg (88.07%), Sodium: 6103.78mg (265.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.95%), Vitamin C: 156mg (189.09%), Copper: 2.53mg (126.43%), Selenium: 53.61µg (76.58%), Vitamin K: 76.33µg (72.7%), Vitamin A: 3072.57IU (61.45%), Phosphorus: 363.33mg (36.33%), Vitamin B2: 0.59mg (34.76%), Vitamin E: 5.08mg (33.87%), Manganese: 0.55mg (27.36%), Vitamin B12: 1.47µg (24.57%), Vitamin B6: 0.48mg (24.19%), Vitamin B3: 4.82mg (24.08%), Potassium: 804.58mg (22.99%), Magnesium: 89.86mg (22.46%), Zinc: 2.74mg (18.25%), Folate: 72.92µg (18.23%), Iron: 3mg (16.68%), Fiber: 3.95g (15.81%), Calcium: 130.49mg (13.05%), Vitamin B1: 0.17mg (11.29%), Vitamin B5: 1mg (10.04%)