



 **70%**
HEALTH SCORE

Squid and Luau

 **Gluten Free**  **Very Healthy**

READY IN



120 min.

SERVINGS



6

CALORIES



1194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon baking soda
- 3 pounds luau leaves
- 6 tablespoons butter
- 2 pounds calamari
- 3 cups coconut milk
- 2 medium onions diced
- 1 tablespoon hawaiian salt
- 1.5 teaspoons salt

1 tablespoon sugar

3 cups water

Equipment

pot

Directions

Clean calamari and slice into rings; set aside. Wash luau leaves, remove stems and thick veins. In a pot, boil 3 cups of water with the Hawaiian salt and baking soda.

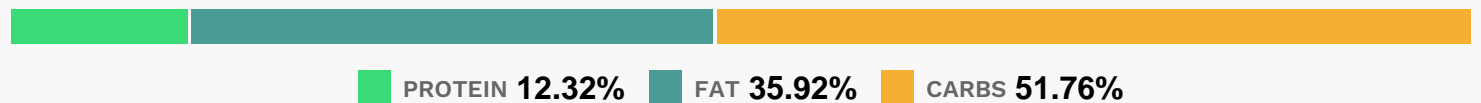
Add the leaves to the boiling water and reduce heat. Simmer, partially covered, for 1 hour.

Drain, and squeeze out liquid.

Saute onions and calamari in butter until the onions are translucent.

Add the coconut milk, cooked luau leaves, salt and sugar. Simmer for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:40.68, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:65.100870106531%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 1194.33kcal (59.72%), Fat: 56.55g (86.99%), Saturated Fat: 34.3g (214.36%), Carbohydrates: 183.29g (61.1%), Net Carbohydrates: 123.02g (44.73%), Sugar: 3.56g (3.95%), Cholesterol: 382.39mg (127.46%), Sodium: 2066.11mg (89.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.65g (87.3%), Manganese: 19.5mg (974.75%), Iron: 102.38mg (568.75%), Vitamin A: 14427.83IU (288.56%), Fiber: 60.27g (241.08%), Vitamin B6: 4.11mg (205.35%), Copper: 4.09mg (204.39%), Calcium: 1976.65mg (197.66%), Vitamin C: 116.41mg (141.1%), Folate: 439µg (109.75%), Selenium: 74.43µg (106.32%), Magnesium: 379.21mg (94.8%), Vitamin B2: 1.59mg (93.69%), Zinc: 11.43mg (76.19%), Phosphorus: 712.9mg (71.29%), Potassium: 1877.59mg (53.65%), Vitamin B3: 8.61mg (43.06%), Vitamin B12: 1.99µg (33.16%), Vitamin E: 2.15mg (14.31%), Vitamin B5: 0.99mg (9.89%), Vitamin B1: 0.09mg (6.21%), Vitamin

K: 1.13 μ g (1.07%)