



Squid Bread Salad with Smoked Chile Vinaigrette

 Dairy Free

READY IN



1526 min.

SERVINGS



4

CALORIES



998 kcal

SIDE DISH

Ingredients

- 2 beefsteak tomatoes ripe cut into 1/ slices
- 1 loaf day-old bread italian cut into slices
- 0.8 cup canola oil
- 1 tablespoon chipotle peppers in adobo sauce pureed
- 1 tablespoon dijon mustard
- 0.3 cup mint leaves fresh
- 2 tablespoons mint leaves fresh finely chopped

- 2 cloves garlic finely chopped
- 1 tablespoon honey
- 4 servings olive oil extra-virgin
- 0.3 cup parsley leaves fresh italian chopped
- 0.3 cup red wine vinegar
- 4 servings red wine vinegar for drizzling, optional
- 4 servings salt and pepper freshly ground
- 1 pound squid rings cleaned

Equipment

- bowl
- whisk
- grill

Directions

- Heat grill to high.
- Place the squid in a bowl, drizzle with a few tablespoons of oil, and season with salt and pepper. Grill the squid bodies and tentacles for about 2 minutes per side.
- Remove from the grill, let rest 5 minutes, then cut the bodies crosswise into 1/2-inch thick rings. Keep the tentacles whole.
- Brush the bread lightly with oil on both sides and season with salt and pepper. Grill for approximately 1 minute per side or until lightly charred.
- Remove and cut each slice into 1/2-inch dice.
- Brush the tomatoes with oil, season with salt and pepper, and grill until slightly charred, about 1 minute; remove and coarsely chop.
- Toss the squid, bread cubes, and parsley with some of the vinaigrette in a large bowl.
- Let stand for 10 minutes. Arrange the tomato slices along the bottom of a serving platter. Top with the squid-bread mixture.
- Garnish with torn mint and drizzle with additional olive oil and red wine vinegar, if desired.

Whisk together vinegar, mustard, chipotle puree, honey, and garlic in a medium bowl. Season, to taste, with salt and pepper. Slowly whisk in the oil until emulsified. Stir in the mint.

Let sit at room temperature for 15 minutes before using.

Nutrition Facts

PROTEIN 11.58% **FAT 58.04%** **CARBS 30.38%**

Properties

Glycemic Index:46.07, Glycemic Load:4.18, Inflammation Score:-9, Nutrition Score:31.860869303994%

Flavonoids

Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg, Eriodictyol: 1.64mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 8.38mg, Apigenin: 8.38mg, Apigenin: 8.38mg, Apigenin: 8.38mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 997.66kcal (49.88%), Fat: 64.5g (99.22%), Saturated Fat: 24.78g (154.85%), Carbohydrates: 75.96g (25.32%), Net Carbohydrates: 68.83g (25.03%), Sugar: 44.13g (49.03%), Cholesterol: 264.22mg (88.07%), Sodium: 720.12mg (31.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.95g (57.9%), Copper: 2.28mg (113.92%), Vitamin K: 89.43µg (85.17%), Selenium: 52.34µg (74.77%), Vitamin B3: 8.76mg (43.78%), Vitamin C: 35.93mg (43.55%), Vitamin A: 1998.08IU (39.96%), Vitamin E: 5.81mg (38.71%), Vitamin B2: 0.63mg (36.79%), Phosphorus: 347.91mg (34.79%), Folate: 114.69µg (28.67%), Potassium: 1002.88mg (28.65%), Fiber: 7.13g (28.52%), Iron: 4.5mg (25%), Vitamin B12: 1.47µg (24.57%), Magnesium: 84.78mg (21.2%), Manganese: 0.36mg (17.94%), Vitamin B1: 0.26mg (17.45%), Zinc: 2.41mg (16.07%), Vitamin B6: 0.23mg (11.61%), Calcium: 78.52mg (7.85%), Vitamin B5: 0.77mg (7.75%)