



Squid, chickpea & chorizo salad



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 pasilla peppers red
- ☐ 800 g chickpea rinsed drained canned
- ☐ 1 bunch huge parsley roughly chopped
- ☐ 1 chilli red deseeded chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 100 ml olive oil
- ☐ 600 g squid rings whole cleaned sliced into rings, tentacles kept
- ☐ 200 g cooking chorizo cut into chickpea-size chunks

☐ 1 juice of lemon

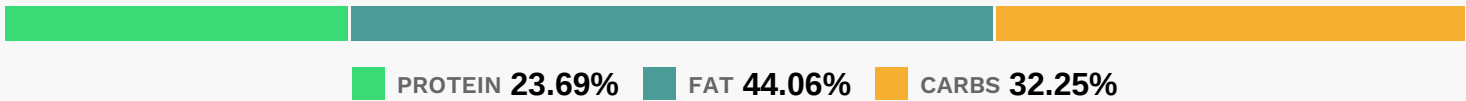
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Cook the peppers whole under a grill, on a barbecue or griddle, until completely charred.
- ☐ Place the peppers in a bowl, cover with a plate until cool enough to handle, then peel, deseed and finely slice. In a large bowl mix the peppers and any juices with the chickpeas, parsley, chilli and garlic. Set aside.
- ☐ Heat a large frying pan until smoking. Working quickly and carefully, add a splash of oil to the pan, then the squid. Stir-fry for about 30 secs. Scatter the chorizo over the squid, continue to cook for 30 secs more, then tip into the bowl with the peppers. Season everything with salt and pepper, then dress with the remaining oil, lemon juice and lemon zest.
- ☐ Mix together, pile onto a platter and let everyone help themselves.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:8.23, Inflammation Score:-10, Nutrition Score:42.580869882003%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 570.05kcal (28.5%), Fat: 28.15g (43.31%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 46.36g (15.45%), Net Carbohydrates: 34.1g (12.4%), Sugar: 10.35g (11.5%), Cholesterol: 253.83mg (84.61%), Sodium: 63.36mg (2.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.06g (68.12%), Vitamin K: 175.25µg (166.9%), Vitamin C: 133.64mg (161.99%), Copper: 2.4mg (120.02%), Manganese: 1.54mg (77.19%), Folate: 288.02µg (72.01%), Selenium: 50.01µg (71.44%), Vitamin A: 3544.04IU (70.88%), Fiber: 12.26g (49.05%), Phosphorus: 476.29mg (47.63%), Vitamin E: 5.24mg (34.95%), Iron: 6.29mg (34.95%), Vitamin B2: 0.58mg (34.18%), Magnesium: 113.54mg (28.39%), Vitamin B6: 0.53mg (26.67%), Zinc: 3.9mg (26.02%), Potassium: 887.49mg (25.36%), Vitamin B12: 1.3µg (21.67%), Vitamin B3: 3.89mg (19.44%), Vitamin B1: 0.23mg (15.62%), Vitamin B5: 1.2mg (11.98%), Calcium: 119.31mg (11.93%)