



Squid Salad



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 cloves garlic crushed
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 1 onion chopped
- ☐ 1 pinch salt
- ☐ 6 servings salt and pepper to taste
- ☐ 2 tablespoons shallots minced

- ☐ 2 pounds squid rings
- ☐ 0.5 cup water
- ☐ 1 cup white wine

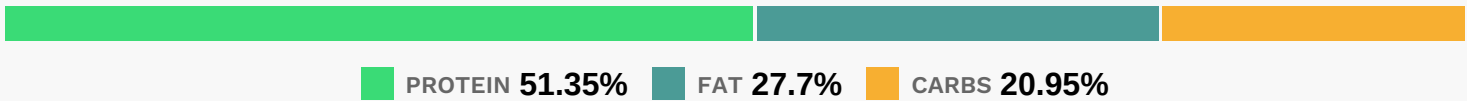
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare squid by pulling off the tentacles and head. Reach into the body and pull out the hard quill and discard. Peel the colored skin off from the body. Rinse under cold water and cut the body into rings.
- ☐ Cut the tentacles from the head and discard the head.
- ☐ Place the onion, garlic, wine and water in a medium saute pan. Bring to liquid to a boil.
- ☐ Add the prepared squid. Turn heat down to low. Cover and simmer for 1 hour.
- ☐ While squid is cooking prepare the dressing. In small bowl stir together the shallot, 2 garlic cloves, olive oil, lemon zest, lemon juice and salt an pepper to taste.
- ☐ Drain the cooked squid and let cool slightly. In a medium bowl toss the squid with the dressing cover and let marinate for at least 15 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.76, Inflammation Score:-3, Nutrition Score:19.639565022095%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg, Hesperetin: 3.1mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 219.74kcal (10.99%), Fat: 5.76g (8.87%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 9.24g (3.36%), Sugar: 1.97g (2.19%), Cholesterol: 352.29mg (117.43%), Sodium: 271.38mg (11.8%), Alcohol: 4.12g (100%), Alcohol %: 1.91% (100%), Protein: 24.04g (48.09%), Copper: 2.88mg (143.97%), Selenium: 68.08µg (97.25%), Vitamin B2: 0.64mg (37.6%), Phosphorus: 351.9mg (35.19%), Vitamin B12: 1.97µg (32.76%), Vitamin C: 17.77mg (21.54%), Vitamin B3: 3.4mg (16.98%), Zinc: 2.43mg (16.21%), Vitamin E: 2.37mg (15.8%), Magnesium: 58.2mg (14.55%), Potassium: 464.34mg (13.27%), Vitamin B5: 0.84mg (8.41%), Vitamin B6: 0.16mg (8.05%), Manganese: 0.15mg (7.64%), Iron: 1.28mg (7.08%), Calcium: 62.11mg (6.21%), Folate: 16.76µg (4.19%), Vitamin B1: 0.05mg (3.33%), Vitamin K: 2.44µg (2.33%), Fiber: 0.57g (2.28%), Vitamin A: 52.04IU (1.04%)