



Squid Stuffed Squid

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup bread crumbs fresh
- 2 teaspoon ginger fresh finely chopped
- 1 teaspoon parsley leaves fresh chopped
- 1 clove garlic finely minced
- 0.5 teaspoon kosher salt
- 2 teaspoon lemon zest
- 1 tablespoon olive oil

- 0.3 cup onion finely chopped
- 2 ounces shrimp raw
- 2 cups spaghetti sauce prepared
- 24 inches squid rings whole
- 2 tablespoons tomatoes finely chopped

Equipment

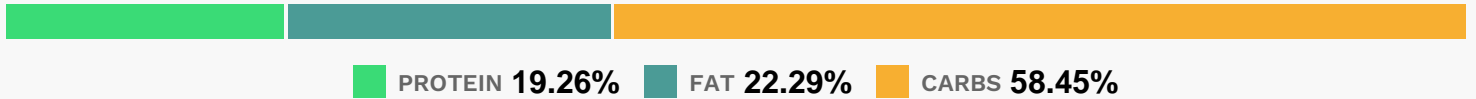
- food processor
- bowl
- frying pan
- oven
- mixing bowl
- aluminum foil
- pastry bag
- glass baking pan

Directions

- Preheat an oven to 375 degrees F.
- Heat the olive oil in a medium saute pan over medium heat until shimmering.
- Add the onions and salt and sweat until the onions turn translucent, about 1 to 2 minutes. Do not brown.
- Add the garlic and continue to cook for another minute.
- Transfer the mixture to a medium mixing bowl and set aside to cool.
- Clean the squid thoroughly and remove the heads from the tentacles and discard the heads. Turn the tubes inside out (since the outside skin tends to curl outward, it'll hold the stuffing better inside out), put into a bowl and set in the refrigerator until ready to use.
- Place the tentacles and the shrimp into the bowl of a food processor and pulse 6 to 8 times or until there are no large pieces visible. Do not process until smooth.
- Transfer to the mixing bowl along with the onions and garlic.
- Add the bread crumbs, tomato, lemon zest, ginger, parsley and pepper. Stir to combine well.

- Place the mixture into a resealable freezer bag and snip 1 corner. You may use a pastry bag with a tip just small enough to fit into the end of the tubes. Pipe the stuffing into the tubes, dividing the mixture evenly between them. Do not over-stuff.
- Place the tubes into an 8 by 11-inch glass baking dish and cover with the tomato sauce. Cover tightly with aluminum foil and bake for 30 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:10.26, Inflammation Score:-3, Nutrition Score:8.1682609254899%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 200.33kcal (10.02%), Fat: 4.91g (7.55%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 26.95g (9.8%), Sugar: 1.5g (1.66%), Cholesterol: 53.37mg (17.79%), Sodium: 428.93mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.07%), Selenium: 31.38µg (44.83%), Copper: 0.42mg (20.83%), Manganese: 0.35mg (17.49%), Phosphorus: 126.5mg (12.65%), Iron: 1.46mg (8.1%), Fiber: 2g (7.99%), Vitamin B3: 1.39mg (6.93%), Magnesium: 26.46mg (6.62%), Vitamin B2: 0.11mg (6.61%), Vitamin E: 0.97mg (6.47%), Vitamin B1: 0.09mg (6.33%), Vitamin B12: 0.38µg (6.32%), Zinc: 0.87mg (5.81%), Vitamin B6: 0.1mg (5.24%), Vitamin C: 4.08mg (4.94%), Folate: 18.91µg (4.73%), Potassium: 140.31mg (4.01%), Vitamin K: 3.85µg (3.66%), Calcium: 36.48mg (3.65%), Vitamin B5: 0.27mg (2.66%), Vitamin A: 95.69IU (1.91%)