



Squid Vicious

 **Gluten Free**  **Dairy Free**

READY IN

ready

30 min.

SERVINGS

servings

2

CALORIES

calories

318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 cup dice bell pepper red
- ☐ 2 teaspoons cornstarch
- ☐ 2 árbol chiles dried
- ☐ 0.5 teaspoon garlic thinly sliced
- ☐ 0.3 teaspoon ginger minced
- ☐ 0.5 cup miso broth mixed with 1 tablespoon miso paste
- ☐ 0.3 cup dice onion sweet

- ☐ 0.3 cup torn-into-strips oyster mushrooms
- ☐ 2 teaspoons sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 pound squid tentacles and tubes
- ☐ 2 servings pepper white freshly ground

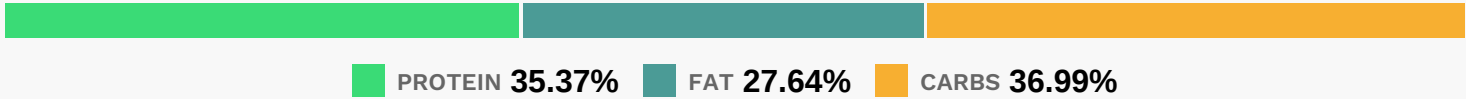
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wok
- ☐ cutting board

Directions

- ☐ On a clean cutting board, remove the tentacles from the bodies of the squid and reserve. Make sure the tubes are cleaned out and split them open lengthwise so they look like a flat triangle. Using a matte knife, lightly score the squid in a crosshatch pattern.
- ☐ Cut each tube into four pieces of roughly equal size.
- ☐ In a bowl, combine 1 tablespoon of soy sauce with 1 teaspoon of cornstarch and toss the squid in it to coat. Marinate while preparing for the rest of the dish.
- ☐ Combine the miso broth and balsamic vinegar with the remaining cornstarch.
- ☐ In a hot pan or wok, add the sesame oil and swirl to coat the pan.
- ☐ Add the squid and cook for 30 to 40 seconds. It will curl up naturally and brown. Working quickly, add the garlic, ginger, and chiles. Allow them to fry for 10 to 15 seconds stirring constantly (they can burn fast).
- ☐ Add the onion, mushrooms, and bell pepper and saute for another minute.
- ☐ Pour in the stock mixture and simmer until the sauce begins to thicken. Season with white pepper and additional soy sauce, if necessary.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:101.5, Glycemic Load:9.05, Inflammation Score:-8, Nutrition Score:26.752608630968%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 318.43kcal (15.92%), Fat: 9.92g (15.27%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 24.39g (8.87%), Sugar: 7.51g (8.34%), Cholesterol: 264.22mg (88.07%), Sodium: 3123.54mg (135.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.58g (57.16%), Copper: 2.51mg (125.67%), Selenium: 56.37µg (80.53%), Vitamin C: 39.22mg (47.54%), Manganese: 0.84mg (42.15%), Vitamin B2: 0.71mg (42.03%), Phosphorus: 404.46mg (40.45%), Vitamin B12: 1.53µg (25.49%), Zinc: 3.75mg (25.02%), Fiber: 5.5g (22%), Vitamin B3: 4.32mg (21.58%), Vitamin K: 22.54µg (21.47%), Magnesium: 84.23mg (21.06%), Vitamin A: 1012.7IU (20.25%), Iron: 3.37mg (18.75%), Vitamin B6: 0.35mg (17.64%), Potassium: 589.41mg (16.84%), Vitamin E: 1.84mg (12.26%), Vitamin B5: 1.09mg (10.86%), Folate: 42.5µg (10.62%), Calcium: 92.31mg (9.23%), Vitamin B1: 0.14mg (9.04%)