



Squid with Bacon and Garlic Oil

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bacon cut into lardons
- ☐ 3 tablespoons parsley leaves fresh chopped
- ☐ 6 cloves garlic finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 pounds squid rings fresh cleaned sliced into rings
- ☐ 1 tablespoon freshly thyme leaves chopped

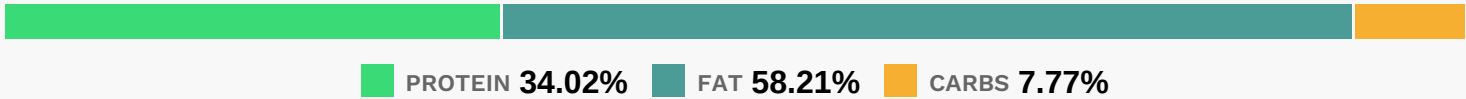
Equipment

☐ frying pan

Directions

☐ Place the bacon in a medium saute pan over medium heat and cook until lightly golden brown and the fat has been rendered. Increase the heat to high and add the garlic, olive oil, and squid, and season with salt and pepper, to taste. Cook the squid for 2 to 3 minutes or until just cooked through. Stir in the herbs and serve.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:29.326087070548%

Flavonoids

Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg, Apigenin: 6.51mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 516.52kcal (25.83%), Fat: 32.71g (50.32%), Saturated Fat: 9.33g (58.33%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 9.38g (3.41%), Sugar: 0.07g (0.08%), Cholesterol: 565.86mg (188.62%), Sodium: 671.67mg (29.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.02%), Copper: 4.34mg (216.9%), Selenium: 113.64µg (162.35%), Phosphorus: 593.35mg (59.33%), Vitamin B2: 1mg (58.62%), Vitamin B12: 3.23µg (53.86%), Vitamin K: 53.49µg (50.94%), Vitamin B3: 7.33mg (36.64%), Zinc: 4.26mg (28.37%), Vitamin E: 4mg (26.66%), Vitamin C: 18.86mg (22.85%), Magnesium: 87.08mg (21.77%), Potassium: 715.62mg (20.45%), Vitamin B6: 0.34mg (17.12%), Vitamin B5: 1.49mg (14.95%), Vitamin B1: 0.21mg (14.28%), Iron: 2.38mg (13.24%), Manganese: 0.2mg (9.81%), Calcium: 94.97mg (9.5%), Vitamin A: 432.09IU (8.64%), Folate: 16.82µg (4.21%), Fiber: 0.44g (1.75%), Vitamin D: 0.23µg (1.51%)