



WHATSheATE



Squid with Ginger–Soy Sauce Marinade



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons ginger fresh grated



3 tablespoons mirin



0.5 cup soya sauce



1 pound squid rings cleaned (bodies and tentacles)

Equipment



bowl

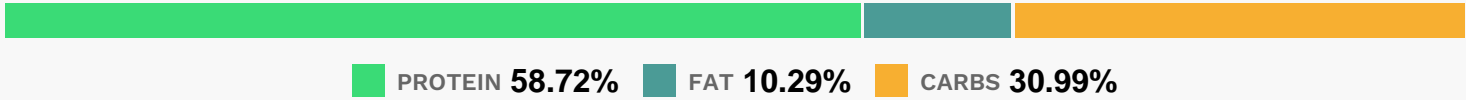


grill

Directions

- ☐ Mix together the soy sauce, ginger, and mirin in a large bowl to make the marinade. Reserve 1/2 cup of the marinade and set aside.
- ☐ Lay the squid in the remaining liquid, gently turning 4 times to coat all over. Marinate the squid for 10 minutes at room temperature, turning once.
- ☐ Preheat a grill to hot. Grill the squid for about 4 minutes (5 minutes if they're larger than 1 ounce apiece). Every 30 seconds flip the squid and brush on the reserved marinade. The squid will turn from translucent to white when they're ready, becoming tender and releasing a rich aroma. Be careful not to overcook; squid turns rubbery if grilled too long.
- ☐ Serve immediately.
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Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:16.029565303222%

Nutrients (% of daily need)

Calories: 143.27kcal (7.16%), Fat: 1.62g (2.49%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 10.68g (3.88%), Sugar: 3.55g (3.95%), Cholesterol: 264.22mg (88.07%), Sodium: 1767.83mg (76.86%), Alcohol: 1.27g (100%), Alcohol %: 1.02% (100%), Protein: 20.8g (41.6%), Copper: 2.19mg (109.51%), Selenium: 51.06µg (72.94%), Vitamin B2: 0.51mg (30.15%), Phosphorus: 289.5mg (28.95%), Vitamin B12: 1.47µg (24.57%), Vitamin B3: 3.64mg (18.22%), Magnesium: 50.53mg (12.63%), Zinc: 1.87mg (12.48%), Potassium: 354.96mg (10.14%), Manganese: 0.19mg (9.62%), Vitamin E: 1.37mg (9.13%), Iron: 1.48mg (8.24%), Vitamin B5: 0.68mg (6.83%), Vitamin C: 5.5mg (6.67%), Vitamin B6: 0.13mg (6.36%), Calcium: 42.65mg (4.26%), Folate: 11.27µg (2.82%), Vitamin B1: 0.04mg (2.71%), Fiber: 0.3g (1.21%)