Stuffed Calamari, Sicilian Style

Very Healthy

READY IN	SERVINGS	CALORIES
75 min.	6	938 kcal

ANTIPASTI | STARTER | SNACK | APPETIZER

Ingredients

- [ ] 0.5 cup basil finely chopped
- [ ] 6 cups bread crumbs
- [ ] 56 ounces tomatoes canned crushed
- [ ] 4 cloves garlic finely chopped
- [ ] 2 large onions finely chopped
- [ ] 0.5 cup parsley italian finely chopped
- [ ] 1 cup pecorino grated
- [ ] 1 teaspoon pepper

- [ ] 1 cup raisins
- [ ] 1 teaspoon salt
- [ ] 12 large squid tubes
- [ ] 1 teaspoon sugar
- [ ] 2 tablespoons plus
- [ ] 12 toothpicks
- [ ] 12 toothpicks

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] baking pan
- [ ] toothpicks

Directions

- [ ] Preheat the oven to 350 degrees F.
- [ ] Clean the 12 large squid tubes; remove skin and cartilage inside the squid and rinse and clean. In a large pan saute onions in 2 tablespoons olive oil until soft. In a large bowl, combine the
- [ ] Sauteed onions, 1/2 cup of olive oil, garlic, 1 cup pecorino, 1/2 cup parsley, and the bread crumbs and mix well.
- [ ] Add the remaining 1/2 cup of oil to make the bread crumbs soft.
- [ ] Add the raisins last. Fill the squid tubes with the mixture and secure with a toothpick at the top opening.
- [ ] Lay the tubes in a baking pan with a little oil in the bottom of the pan, and bake for 10 minutes. After 10 minutes, remove from oven and top with tomato sauce.
- [ ] Sprinkle with 1/4 cup of pecorino and an additional 1/4 cup of parsley. Put pan back in the oven and bake until the cheese is melted, 10 to 15 minutes.
- [ ] In a large frying pan, mix crushed tomatoes, garlic, basil, salt, pepper and sugar. Cook for 5 minutes and set aside.

Nutrition Facts

PROTEIN **26.62%** FAT **18.24%** CARBS **55.14%**

Properties

Glycemic Index:64.15, Glycemic Load:17.55, Inflammation Score:-9, Nutrition Score:60.193043773589%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 938kcal (46.9%), Fat: 19.19g (29.52%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 130.57g (43.52%), Net Carbohydrates: 117.86g (42.86%), Sugar: 21.32g (23.68%), Cholesterol: 576.53mg (192.18%), Sodium: 1845.16mg (80.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.03g (126.06%), Copper: 5.42mg (270.95%), Selenium: 139.45µg (199.22%), Vitamin K: 115.41µg (109.91%), Vitamin B2: 1.69mg (99.42%), Phosphorus: 960.17mg (96.02%), Vitamin B1: 1.36mg (90.43%), Manganese: 1.8mg (90.05%), Vitamin B3: 16.07mg (80.36%), Iron: 11.62mg (64.54%), Vitamin B12: 3.68µg (61.41%), Vitamin C: 48.26mg (58.5%), Calcium: 575.83mg (57.58%), Potassium: 1910.24mg (54.58%), Fiber: 12.7g (50.82%), Magnesium: 202.5mg (50.63%), Vitamin E: 7.05mg (47.02%), Folate: 182.43µg (45.61%), Zinc: 6.61mg (44.06%), Vitamin B6: 0.81mg (40.75%), Vitamin B5: 2.72mg (27.16%), Vitamin A: 1246.95IU (24.94%)