



Stuffed Squid: Kalamaraka Yemista

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

Ingredients

- 0.3 cup flat-leaf parsley fresh finely chopped
- 3 tablespoons mint leaves fresh finely chopped
- 2 cloves garlic finely chopped
- 3 tablespoons greek olive oil
- 1 onion spanish finely chopped
- 2 plum tomatoes diced
- 1.5 cups rice long-grain
- 6 servings salt and pepper black freshly ground

- 2.5 pounds baby squid cleaned
- 0.5 cup sacramento tomato juice

Equipment

- sauce pan
- oven
- pot
- baking pan

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- Heat 3 tablespoons of the oil in a medium saucepan over medium-high heat.
- Add the onion and cook until soft.
- Add the garlic and cook for 30 seconds.
- Add the rice and stir to coat with the mixture; cook for 1 minute.
- Add 3 cups water, tomatoes, season with salt and pepper, and bring to a boil. Reduce the heat to low, cover the pot, and cook until the rice is tender and the water is completely absorbed, about 14 to 16 minutes.
- Remove from the heat and let sit 5 minutes. Fluff with a fork and stir in the mint and parsley.
- Let cool.
- Stuff the squid with the rice mixture.
- Drizzle half of the remaining oil in a medium baking dish.
- Add the squid and drizzle with remaining oil and the tomato juice and season with salt and pepper.
- Bake until the squid is tender, about 25 to 30 minutes.
- Serve immediately.

Nutrition Facts



■ PROTEIN 32.51% ■ FAT 21.87% ■ CARBS 45.62%

Properties

Glycemic Index:41.92, Glycemic Load:23.22, Inflammation Score:-6, Nutrition Score:27.884347749793%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.53mg, Apigenin: 5.53mg, Apigenin: 5.53mg, Apigenin: 5.53mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 423.46kcal (21.17%), Fat: 10.03g (15.44%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 45.53g (16.56%), Sugar: 2.13g (2.37%), Cholesterol: 440.36mg (146.79%), Sodium: 91.77mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.56g (67.12%), Copper: 3.72mg (186.09%), Selenium: 91.96µg (131.37%), Phosphorus: 489.76mg (48.98%), Vitamin B2: 0.83mg (48.64%), Vitamin K: 47.61µg (45.35%), Vitamin B12: 2.46µg (40.95%), Manganese: 0.69mg (34.68%), Vitamin B3: 5.22mg (26.12%), Vitamin C: 21.21mg (25.71%), Zinc: 3.56mg (23.73%), Vitamin E: 3.53mg (23.52%), Magnesium: 83.94mg (20.98%), Potassium: 673.72mg (19.25%), Vitamin B5: 1.53mg (15.31%), Vitamin B6: 0.26mg (13.04%), Vitamin A: 643.45IU (12.87%), Iron: 2.18mg (12.14%), Calcium: 93.59mg (9.36%), Folate: 30.48µg (7.62%), Vitamin B1: 0.1mg (6.81%), Fiber: 1.57g (6.28%)