

 **69%**  
HEALTH SCORE

## Tako Poke

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**70 min.**

SERVINGS



**8**

CALORIES



**183 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cucumber english peeled thinly sliced
- 1 tablespoon sheets nori seaweed such as from a package of 10 yakinori), pulverized
- 3 pound octopus legs
- 1 chile red seeds removed and thinly sliced
- 8 servings salt
- 8 servings salt and pepper black freshly ground
- 5 scallions white green sliced
- 2 tablespoons sesame oil (1 tablespoon to brush on octopus and 1 tablespoon to mix in)

1 tablespoon soya sauce

## Equipment

bowl

pot

## Directions

Brush 1 tablespoon of the oil on the octopus (reserving the rest), season with salt and pepper, and add to a pot with enough water to cover. Simmer until the octopus is cooked through, about 20 minutes.

In a medium bowl combine the remaining sesame oil with soy sauce, cucumber, scallions, chile, nori and salt.

Remove octopus to a utility plate to drain and set aside until cool enough to handle.

Remove the octopus head and legs, split in half, then slice and dice small.

Fold octopus into cucumber/scallion mixture.

Serve at room temperature as a salad.

## Nutrition Facts



**PROTEIN 58.62%** **FAT 26.98%** **CARBS 14.4%**

## Properties

Glycemic Index:15.5, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:24.057391332543%

## Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 182.94kcal (9.15%), Fat: 5.36g (8.25%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.92g (2.15%), Sugar: 1.15g (1.27%), Cholesterol: 81.65mg (27.22%), Sodium: 714.06mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.4%), Vitamin B12: 34.02µg (566.99%), Selenium: 76.43µg (109.18%), Iron: 9.39mg (52.15%), Copper: 0.78mg (38.91%), Phosphorus: 334.73mg (33.47%), Vitamin B6: 0.67mg (33.41%), Vitamin C: 19.77mg (23.96%), Vitamin K: 23.35µg (22.23%), Potassium: 702mg (20.06%), Zinc: 3.01mg (20.05%), Vitamin B3: 3.84mg (19.18%), Magnesium: 59.81mg (14.95%), Vitamin E: 2.2mg (14.67%), Calcium:

104.65mg (10.46%), Vitamin A: 519.54IU (10.39%), Vitamin B5: 0.98mg (9.84%), Folate: 39.05µg (9.76%),  
Manganese: 0.14mg (6.87%), Vitamin B2: 0.1mg (6.06%), Vitamin B1: 0.07mg (4.84%), Fiber: 0.52g (2.06%)