



WHATSheATE



HEALTH SCORE

83%

Warm Octopus and Sweet Onion Salad with Fresh Basil and Lemon Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



605 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.3 cup balsamic vinegar



4 basil leaves



1 bay leaf



1 tablespoon peppercorns black



2 cloves garlic chopped



2 cloves garlic smashed



1 tablespoon honey

- ☐ 3 cups juice of lemon fresh
- ☐ 2 pounds octopus legs cleaned
- ☐ 0.3 cup olive oil
- ☐ 1 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 shallots coarsely chopped
- ☐ 2 tablespoons aged sherry vinegar
- ☐ 2 onions sweet sliced
- ☐ 3 cups water
- ☐ 10 wine corks

Equipment

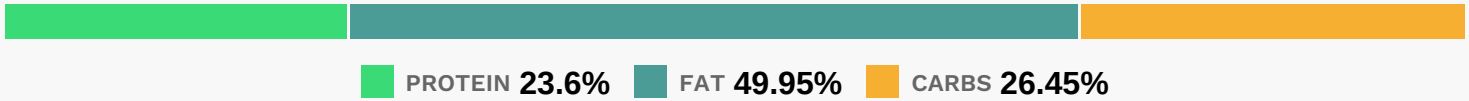
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Place lemon juice, shallot, garlic and honey in a medium saucepan and reduce to 1/2 cup.
- ☐ Place reduced syrup into a blender, add olive oil and blend until smooth.
- ☐ Pour into a bowl and fold in the basil.
- ☐ Heat olive oil in a large saute pan over medium heat.
- ☐ Add the onions and cook until soft and caramelized.
- ☐ Add the vinegar and cook until reduced. Season with salt and pepper.

- ☐ Place the octopus, water, vinegar, garlic, wine corks, bay leaf and peppercorns. In a medium saucepan and bring to a simmer over medium heat and cook until tender, about 3 hours.
- ☐ Remove the octopus from the water and place on a platter lined with paper towels.
- ☐ Heat the grill or grill pan.
- ☐ Cut the octopus into pieces, brush with olive oil, season with salt and pepper and grill for 1 to 2 minutes on each side.
- ☐ Assembly: 2 cups mixed greens Lemon vinaigrette Chopped fresh basil and parsley
- ☐ Toss greens in a large bowl with 3 tablespoons lemon vinaigrette and season with salt and pepper.
- ☐ Place the greens on a large platter and top with the grilled octopus.
- ☐ Drizzle with more of the vinaigrette, top with the onion slices and sprinkle with the fresh herbs.

Nutrition Facts



Properties

Glycemic Index:77.32, Glycemic Load:4.47, Inflammation Score:-9, Nutrition Score:37.930434600167%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 8.93mg, Eriodictyol: 8.93mg, Eriodictyol: 8.93mg, Eriodictyol: 8.93mg Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg

Nutrients (% of daily need)

Calories: 604.79kcal (30.24%), Fat: 34.34g (52.83%), Saturated Fat: 4.95g (30.92%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 37.95g (13.8%), Sugar: 20.17g (22.41%), Cholesterol: 108.86mg (36.29%), Sodium: 746.37mg (32.45%), Alcohol: 0.26g (100%), Alcohol %: 0.04% (100%), Protein: 36.5g (73%), Vitamin B12: 45.36µg (755.99%), Selenium: 103.29µg (147.55%), Vitamin C: 91.69mg (111.14%), Iron: 13.35mg (74.14%), Copper: 1.19mg (59.67%), Vitamin B6: 1.19mg (59.27%), Vitamin E: 7.57mg (50.47%), Phosphorus: 498.05mg (49.8%), Potassium: 1273mg (36.37%), Manganese: 0.63mg (31.52%), Folate: 114.04µg (28.51%), Zinc: 4.26mg (28.39%), Magnesium:

104.91mg (26.23%), Vitamin B3: 5.23mg (26.13%), Vitamin K: 25.42µg (24.21%), Calcium: 195.04mg (19.5%), Vitamin B5: 1.61mg (16.12%), Vitamin B1: 0.19mg (12.84%), Fiber: 2.96g (11.83%), Vitamin B2: 0.16mg (9.61%), Vitamin A: 389.67IU (7.79%)