



White Beans with Squid, Arugula, and Cherry Tomatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups cherry tomatoes halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 pound squid rings separated cleaned

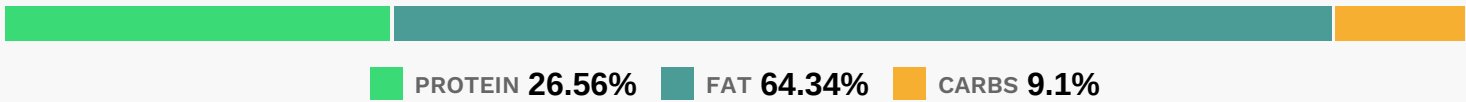
Equipment

- ☐ bowl

Directions

- ☐ Steam squid bodies and tentacles until tender, about 3 minutes.
- ☐ Transfer to plate and cool to lukewarm.
- ☐ Cut squid bodies into 1/2-inch-wide rings.
- ☐ Cut squid tentacles in half if large.
- ☐ Transfer squid to large bowl.
- ☐ Add baby arugula, cherry tomatoes, beans, olive oil, and 2 tablespoons lemon juice. Toss gently to blend, adding more lemon juice, if desired. Season with salt and pepper.
- ☐ Citrusy A Mano 2007 Soave (\$
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:17.80000016482%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 275.15kcal (13.76%), Fat: 19.64g (30.22%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 5.84g (2.12%), Sugar: 1.58g (1.76%), Cholesterol: 264.22mg (88.07%), Sodium: 56.48mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.25g (36.49%), Copper: 2.19mg (109.32%), Selenium: 51.09µg (72.98%), Vitamin E: 4.28mg (28.51%), Vitamin B2: 0.48mg (28.27%), Phosphorus: 266.85mg (26.69%), Vitamin C: 20.97mg (25.42%), Vitamin B12: 1.47µg (24.57%), Vitamin B3: 2.78mg (13.88%), Zinc: 1.82mg (12.11%), Vitamin K: 12.4µg (11.81%), Potassium: 408.67mg (11.68%), Magnesium: 42.9mg (10.73%), Iron: 1.26mg (6.99%), Vitamin B5: 0.65mg (6.49%), Vitamin A: 311.1IU (6.22%), Vitamin B6: 0.11mg (5.55%), Manganese: 0.1mg (4.96%), Calcium: 43.06mg (4.31%), Folate: 14.43µg (3.61%), Vitamin B1: 0.04mg (2.97%), Fiber: 0.41g (1.65%)