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Calamari-Olive Salad ♦

A refreshing salad made with calamari and olives. Perfect for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 5 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	calamari
100 g	Olives
2 tbsp	lemon juice
2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper

2 garlic
cloves

2 tbsp Parsley

Directions

Step 1

Cutting

Clean the calamari and cut it into rings.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Mixing

In a bowl, combine the calamari, olives, lemon juice, olive oil, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the minced garlic and chopped parsley to the bowl. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Simmering

Serving

Meal Type

Lunch

Supper

Difficulty Level

Easy

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