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## Seared Calamari with Basil ♦

Seared calamari with fresh basil is a delicious seafood dish that is perfect for a light and flavorful meal. The calamari is quickly seared to perfection and then tossed with fragrant basil leaves. It can be enjoyed as an appetizer or a main course. The dish is popular in Mediterranean cuisine and is often served with a side of lemon wedges.

**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

<b>500 g</b>	calamari
<b>20 g</b>	basil leaves
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper

4  
pieces

Lemon wedges

## Directions

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### Step 1

Clean the calamari by removing the head, tentacles, and internal organs. Rinse the calamari under cold water and pat dry with paper towels.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Slice the calamari into rings about 1/2 inch thick.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Sautéing

Heat the olive oil in a large skillet over medium-high heat. Add the calamari rings and cook for 2-3 minutes, until they are opaque and slightly browned.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 4

Sautéing

Add the basil leaves to the skillet and cook for another minute, until they are wilted.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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## Step 5

Season with salt and black pepper to taste.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve the seared calamari with basil hot, garnished with lemon wedges.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 5 g

**Protein:** 20 g

**Carbohydrates:** 5 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	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	200 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	80 mcg	3333.33%	3333.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

Mediterranean

Spanish

American

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Snack

Dinner

### Events

Picnic

### Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

### Cooking Method

Steaming

Simmering

## Difficulty Level

Medium

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