



10 Minute Garlic & Lemon Calamari

4 servings

10 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 5 Garlic (cloves, roughly chopped)
- 1 1/2 lbs Calamari (sliced into rings)
- 1/8 tsp Sea Salt
- 3 tbsps Vegetable Broth
- 2 tbsps Lemon Juice
- 1/4 cup Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	255
Fat	13g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	7g
Fiber	0g
Sugar	0g
Protein	27g
Cholesterol	396mg
Sodium	182mg
Potassium	464mg
Vitamin A	402IU
Vitamin C	17mg
Calcium	67mg
Iron	2mg
Vitamin D	0IU
Vitamin E	4mg
Vitamin K	69µg
Thiamine	0.1mg
Riboflavin	0.7mg
Niacin	4mg

Directions

- 1 Heat a cast-iron pan over medium heat. Once hot, add the oil and then add the garlic. Sauté until fragrant, stirring often, about two minutes.
- 2 Pat the calamari dry and season with salt. Add it to the skillet and cook for two minutes. Then add the broth and lemon juice and stir to combine, just until heated through. Stir in the parsley.
- 3 Remove from the heat and enjoy!

Notes

Leftovers: This is best enjoyed immediately after cooking.

Additional Toppings: Black pepper or chili flakes for some heat.

Vitamin B6	0.1mg
Folate	16µg
Vitamin B12	2.2µg
Phosphorous	385mg
Magnesium	60mg
Zinc	3mg
Selenium	77µg