

Stuffed Squid

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/stuffed-squid-indian-recipe>

Ingredients:

- 8 whole squid
- 2 cans crushed tomatoes
- 3 garlic cloves
- 1/4 teaspoon crushed red pepper flakes
- chopped parsley fresh
- 2 tablespoons olive oil
- 1 teaspoon kosher salt each of, ground black pepper, garlic powder and onion powder
- squid tentacles chopped
- 4 garlic cloves grated
- 3/4 cup plain bread crumbs
- 1/2 cup grated Parmesan cheese
- 1/2 cup sauce
- fresh parsley
- 1/2 teaspoon kosher salt each of, ground black pepper and crushed red pepper flakes
- extra-virgin olive oil
- 1 pound pasta your favorite, for serving, optional

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 102 grams
3. Cholesterol: 10 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 22 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1370 milligrams
9. Sugar: 7 grams

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