

Clayton's Octopus Salad

Yield: 4 min
Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-braised-octopus-recipe>

Ingredients:

- 3 pounds octopus cleaned
- 1 cup dry white wine + the wine cork *see notes
- 1 whole lemon halved
- 4 cloves garlic
- 1 teaspoon whole peppercorns
- 1/2 green bell pepper, sliced lengthwise and seeds removed
- 1/2 red bell pepper sliced lengthwise and seeds removed
- 1/2 red onion small, sliced into 1/2 inch rounds
- 4 tablespoons olive oil
- 1/2 teaspoon cracked black pepper freshly, or more to taste
- 1/2 teaspoon kosher salt or more to taste
- 2 tablespoons fresh parsley chopped
- 2 cloves garlic minced
- 3 tablespoons fresh lemon juice about 1 lemon

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 165 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 52 grams
7. SaturatedFat: 2 grams
8. Sodium: 310 milligrams
9. Sugar: 2 grams

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