

Octapodi Kokkinisto (Greek Octopus in Tomato Sauce)

Yield: 6 min
Total Time: 90 min

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

Ingredients:

- 2 pounds octopus cut into 3-inch pieces
- 3/4 cup olive oil
- 8 red onions small, cut into thin wedges
- 3 bay leaves
- 2 cups crushed tomatoes
- 1/2 teaspoon sea salt
- ground black pepper freshly, to taste

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 26 grams
7. SaturatedFat: 4 grams
8. Sodium: 310 milligrams
9. Sugar: 6 grams

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