

Greek Squid (Soupies)

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 2 pounds tentacles squid -, and tubes, cleaned and cut into chunks
- 2 onions medium, finely chopped
- 2 bay leaves
- 5 whole cloves
- 1 cinnamon stick 3 inch
- 2 cups dry red wine
- 1/3 cup olive oil
- 1/3 cup malt vinegar
- 1/4 teaspoon ground black pepper

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 530 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 37 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 115 milligrams
9. Sugar: 7 grams

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