

Grilled Calamari

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/grilled-calamari-recipe-portuguese>

Ingredients:

- 1 2/3 pounds calamari
- 2 tablespoons olive oil
- 1 red chilli small
- 1 clove garlic sliced
- 1 lemon
- salt
- extra virgin olive oil to finish

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 435 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 30 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 280 milligrams

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