

Octopus Salad

Yield: 8 min
Total Time: 120 min

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

Ingredients:

- 2 pounds octopus frozen, thawed and rinsed
- 1/3 cup flat-leaf parsley chopped
- 3 garlic cloves finely chopped
- 1 celery rib halved lengthwise and thinly sliced crosswise
- 1 carrot halved lengthwise and very thinly sliced crosswise
- 1/4 cup extra-virgin olive oil
- 1/4 cup fresh lemon juice
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon dried oregano

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 55 milligrams
4. Fat: 8 grams
5. Protein: 17 grams
6. SaturatedFat: 1 grams
7. Sodium: 160 milligrams
8. Sugar: 1 grams

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