SPANISH · DINNER

Calamares Encebollados (Spanish Squid with Onions)

80 min · Serves 4 · 423 kcal a serve · Video 5:02 · Food and Glory | Recetas fáciles

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 42 g of protein for around 420 kcal a serve, with slow-cooked onions making most of the sauce and just 30 ml of olive oil for four. Rich in selenium and vitamin B12.

Diet notes: Low saturated fat (1.9 g, 4% of the energy).

Ingredients 8 · SERVES 4

- [ ] 1 kg **squid**, cleaned (or baby squid), halved or cut into 3–4 cm rings
- [ ] 3 **onions** (750 g), thinly sliced
- [ ] 2 **garlic** cloves, chopped
- [ ] 30 ml (2–3 tbsp) extra **virgin olive oil**
- [ ] 125 g **tomate frito** (Spanish fried tomato sauce)
- [ ] 200 ml **dry white wine**
- [ ] 100 ml **fish stock**
- [ ] **salt**, to taste (about ⅔ tsp)

Allergens found in the listed ingredients: Molluscs, Fish, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the onions and slice them thinly; chop the garlic. 0:19
2. Warm the olive oil and garlic in a wide pan over low heat until the garlic starts to colour. Add the onions with a pinch of salt and cook gently over medium-low for at least 30 minutes, until very soft and amber. 0:47
3. Meanwhile clean the squid. Halve small ones (6–8 cm); cut larger ones into 3–4 cm rings. 1:37
4. Turn the heat up, push the onions aside and add the squid to the middle of the pan. Sauté 2–3 minutes, add a pinch of salt, then stir in the tomate frito. 2:13
5. Pour in the wine and fish stock, stir, cover and simmer gently for 30 minutes from when it boils, until the squid is tender. If there's too much liquid, uncover for the last few minutes to thicken. 3:23
6. Leave to rest, covered, for 5 minutes before serving. 4:33

> **Tip** Serve with rice, boiled potatoes or bread for the sauce. Cuttlefish works too but needs longer to become tender. Add a splash more fish stock if the sauce dries out before the squid is tender.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
423 kcal	42 g	30 g	3.7 g	11 g	590 mg
1,770 kJ	84% of a day	26 g net · 9.9 g sugars 11% of a day	13% of a day	1.9 g saturated 14% of a day	25% of a day

Energy from net carbs 28% · protein 45% · fat 27%

High in (20%+ of a day) Selenium 206% · Vitamin B12 133% · Omega-3 81% · Zinc 39% · Vitamin E 29% · Vitamin C 28% · Magnesium 27% · Vitamin B6 26% · Potassium 23%

Source of (10–19%) Iron 15% · Folate 13% · Calcium 11%

Recipe and video: Food and Glory | Recetas fáciles (@foodandglory) on YouTube — youtube.com/watch?v=EShd1HMuKcM, published 15 July 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/calamares-encebollados-squid-onions