



## Braised Swordfish Collar With Chorizo and Clams

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings grilled bread for serving
- 12 ounce canned tomatoes whole peeled canned
- 1 carrots diced
- 1 cup chicken stock see
- 1 serrano chile pepper minced
- 0.5 pound chorizo smoked thinly sliced
- 0.5 cup cooking sherry dry

- 1 bulb fennel diced
- 3 tablespoons basil fresh sliced
- 3 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 2 tablespoons kalamata olives pitted chopped
- 6 servings kosher salt
- 1.5 pounds littleneck clams scrubbed ( 24)
- 2 tablespoons olive oil extra-virgin
- 1 small pinch saffron threads
- 36 ounce swordfish collar (or substitute loin)
- 1 onion yellow minced

## Equipment

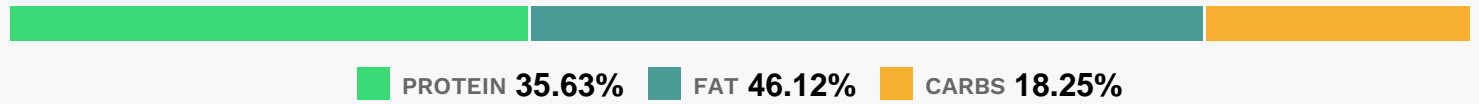
- pot
- wooden spoon
- dutch oven

## Directions

- Heat the olive oil in a 7-to-8-quart enameled cast-iron Dutch oven over medium-high heat. Season the fish with salt, then cook until browned, about 2 minutes per side.
- Transfer to a plate.
- Add the onion, garlic, fennel, chile pepper and carrot to the pot; reduce the heat to medium and sweat the vegetables, about 2 minutes.
- Add the chorizo and cook until browned, about 2 more minutes.
- Add the sherry and bring to a simmer, scraping up any browned bits from the bottom of the pot with a wooden spoon.
- Crush the tomatoes with your hands and add to the pot with their juices.
- Add the saffron, chicken stock and clams and bring to a simmer. Cover and cook until the clams just begin to open, about 3 minutes.

- Add the swordfish to the pot and simmer, covered, until the swordfish is cooked through and the clams open, about 7 more minutes. (Discard any clams that do not open.) Stir in the olives, parsley and basil.
- Serve with grilled bread.

## Nutrition Facts



### Properties

Glycemic Index:74.92, Glycemic Load:8.95, Inflammation Score:-9, Nutrition Score:37.301739278047%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

### Nutrients (% of daily need)

Calories: 556.22kcal (27.81%), Fat: 27.3g (42%), Saturated Fat: 7.21g (45.09%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 20.58g (7.48%), Sugar: 6.65g (7.39%), Cholesterol: 142.19mg (47.4%), Sodium: 684.36mg (29.75%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 47.46g (94.91%), Selenium: 112.41µg (160.59%), Vitamin D: 23.64µg (157.62%), Vitamin B3: 16.32mg (81.58%), Vitamin B12: 4.81µg (80.23%), Vitamin K: 69.22µg (65.92%), Vitamin B6: 1.13mg (56.49%), Phosphorus: 560.87mg (56.09%), Vitamin A: 2450.52IU (49.01%), Vitamin E: 5.1mg (34.02%), Potassium: 1164.31mg (33.27%), Manganese: 0.58mg (29.14%), Iron: 3.92mg (21.8%), Magnesium: 85.99mg (21.5%), Vitamin B1: 0.31mg (20.66%), Vitamin C: 15.65mg (18.97%), Vitamin B2: 0.26mg (15.52%), Fiber: 3.72g (14.88%), Folate: 54.8µg (13.7%), Zinc: 1.84mg (12.26%), Copper: 0.23mg (11.51%), Vitamin B5: 1.09mg (10.85%), Calcium: 105.41mg (10.54%)