



 **57%**
HEALTH SCORE

Broiled Swordfish à la Niçoise

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon thyme sprigs fresh chopped
- 3 garlic clove minced
- 2 cups grape tomatoes halved
- 0.5 pound haricots verts trimmed
- 1 cup kalamata olives pitted halved
- 3 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 8 servings lemon wedges

- 0.3 cup olive oil
- 1.3 cups quick-cooking barley
- 2 medium size bell pepper red thinly sliced
- 1 medium size onion red sliced
- 48 ounce equal sizes of swordfish
- 12 cups water
- 2 medium size bell pepper yellow thinly sliced

Equipment

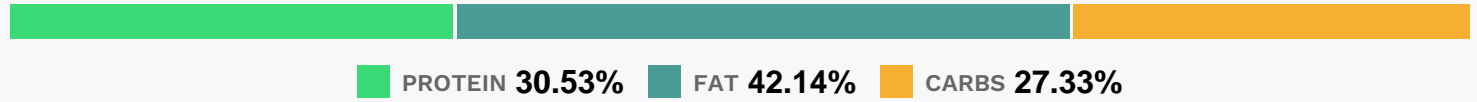
- bowl
- frying pan
- baking sheet
- whisk
- pot
- broiler

Directions

- Bring 12 cups water to boil in large pot.
- Add barley. Cover pot; reduce heat to medium. Simmer until barley is tender, about 30 minutes.
- Add haricots verts; boil until tender, about 5 minutes.
- Drain.
- Place mixture in large bowl.
- Mix in tomatoes, olives, onion, 1/3 cup oil, lemon juice, thyme, and lemon peel. (Barley can be made 2 hours ahead. Cover and let stand at room temperature.)
- Preheat broiler.
- Whisk 1/2 cup oil and garlic in bowl. Turn fish in oil mixture; divide fish between 2 rimmed baking sheets. Toss peppers in oil mixture; divide between baking sheets.
- Drizzle remaining oil from bowl over fish and peppers.

- Sprinkle with salt and pepper.
- Place 1 pan in broiler 3 minutes. Turn fish over; broil until fish is opaque in center and peppers begin to blacken, about 2 minutes longer. Repeat with remaining fish and peppers. Divide barley salad among plates. Top with fish and peppers and drizzle with pan juices.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:37.856956606326%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 499.93kcal (25%), Fat: 23.6g (36.3%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 26.44g (9.61%), Sugar: 4.27g (4.74%), Cholesterol: 112.26mg (37.42%), Sodium: 428.02mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.46g (76.91%), Vitamin D: 23.64µg (157.62%), Selenium: 110.1µg (157.28%), Vitamin C: 107.03mg (129.74%), Vitamin B3: 15.71mg (78.55%), Vitamin B6: 1.25mg (62.69%), Phosphorus: 545.35mg (54.53%), Vitamin B12: 2.89µg (48.19%), Vitamin E: 6.18mg (41.22%), Vitamin A: 1816.82IU (36.34%), Manganese: 0.66mg (32.81%), Fiber: 7.99g (31.95%), Potassium: 1117.11mg (31.92%), Magnesium: 101.26mg (25.31%), Vitamin K: 23.18µg (22.07%), Copper: 0.37mg (18.41%), Vitamin B1: 0.26mg (17.54%), Zinc: 2.14mg (14.29%), Iron: 2.43mg (13.51%), Folate: 51.77µg (12.94%), Vitamin B2: 0.21mg (12.15%), Vitamin B5: 0.97mg (9.66%), Calcium: 66.32mg (6.63%)