



Cumin-Crusted Swordfish with Cucumber-Radish Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon peppercorns black
- ☐ 1 cup cucumber seeded chopped
- ☐ 1 tablespoon cumin seeds
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup plum tomatoes seeded coarsely chopped

- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar
- ☐ 24 ounce swordfish steaks white firm (3/)
- ☐ 1 teaspoon vegetable oil

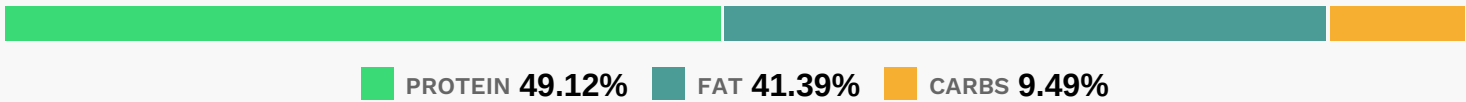
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ To prepare salsa, combine first 8 ingredients in a medium bowl. Cover and chill.
- ☐ To prepare the fish, combine cumin seeds, peppercorns, and 1/4 teaspoon salt in a small zip-top plastic bag. Coarsely crush the cumin seed mixture using a meat mallet or rolling pin.
- ☐ Sprinkle the cumin seed mixture on 1 side of each steak.
- ☐ Heat 1 teaspoon vegetable oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add fish, crust sides down; cook for 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:64.02, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:27.810000025708%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 286.97kcal (14.35%), Fat: 13.05g (20.08%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 4.69g (1.71%), Sugar: 2.72g (3.02%), Cholesterol: 112.26mg (37.42%), Sodium: 296.04mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.84g (69.69%), Vitamin D: 23.64µg (157.62%), Selenium: 97.98µg (139.97%), Vitamin B3: 13.72mg (68.6%), Vitamin B6: 1.02mg (50.83%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 470.89mg (47.09%), Potassium: 1005.09mg (28.72%), Vitamin E: 3.98mg (26.5%), Manganese: 0.5mg (25.16%), Magnesium: 72.01mg (18%), Vitamin C: 13.95mg (16.91%), Vitamin A: 826.06IU (16.52%), Vitamin K: 16.91µg (16.11%), Iron: 2.2mg (12.22%), Vitamin B1: 0.18mg (11.75%), Zinc: 1.43mg (9.56%), Copper: 0.18mg (9.18%), Fiber: 2.04g (8.15%), Vitamin B5: 0.8mg (8.02%), Vitamin B2: 0.13mg (7.51%), Folate: 22.51µg (5.63%), Calcium: 49.83mg (4.98%)