



Grilled Sesame-Ginger Swordfish on Watercress

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons anise seeds crushed
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon sesame oil dark
- 1 tablespoon ginger fresh minced
- 2 teaspoons ground ginger
- 2 tablespoons soya sauce low-sodium

- 0.5 teaspoon olive oil
- 0.5 cup onion red thinly sliced
- 0.3 cup rice wine vinegar
- 0.3 teaspoon salt
- 4 teaspoons sesame seed toasted
- 1 teaspoon sugar
- 24 ounce swordfish steaks ()
- 4 cups watercress trimmed (2 bunches)
- 2 teaspoons water
- 2 teaspoons pepper white

Equipment

- bowl
- grill

Directions

- Combine first 5 ingredients in a small bowl; set aside.
- Brush olive oil evenly over steaks. Rub anise seed mixture over both sides of steaks. Prepare grill.
- Place steaks on grill rack; grill 5 minutes on each side or until fish flakes easily when tested with a fork. Set aside.
- Combine the watercress and onion in a large bowl.
- Combine the vinegar and next 6 ingredients (vinegar through black pepper) in a jar. Cover tightly, and shake vigorously.
- Pour over the watercress mixture, and toss gently. Arrange watercress mixture on a platter, and top with steaks.
- Sprinkle the steaks with toasted sesame seeds.

Nutrition Facts



■ PROTEIN 44.92% ■ FAT 46.74% ■ CARBS 8.34%

Properties

Glycemic Index:74.52, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:31.875216877979%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 7.96mg, Kaempferol: 7.96mg, Kaempferol: 7.96mg, Kaempferol: 7.96mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.26mg, Quercetin: 14.26mg, Quercetin: 14.26mg, Quercetin: 14.26mg

Nutrients (% of daily need)

Calories: 326.8kcal (16.34%), Fat: 16.63g (25.59%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 5.2g (1.89%), Sugar: 2.03g (2.26%), Cholesterol: 112.26mg (37.42%), Sodium: 587.33mg (25.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.96g (71.92%), Vitamin D: 23.64µg (157.62%), Selenium: 99.53µg (142.18%), Vitamin K: 86.65µg (82.52%), Vitamin B3: 13.62mg (68.09%), Vitamin B6: 1.04mg (51.89%), Phosphorus: 495.47mg (49.55%), Vitamin B12: 2.89µg (48.19%), Manganese: 0.67mg (33.53%), Potassium: 930.89mg (26.6%), Vitamin E: 3.95mg (26.31%), Vitamin A: 1295.1IU (25.9%), Vitamin C: 16.61mg (20.14%), Magnesium: 77.33mg (19.33%), Vitamin B1: 0.19mg (12.75%), Copper: 0.22mg (10.97%), Iron: 1.92mg (10.68%), Zinc: 1.53mg (10.17%), Vitamin B2: 0.17mg (9.87%), Calcium: 89.13mg (8.91%), Vitamin B5: 0.77mg (7.73%), Fiber: 1.48g (5.92%), Folate: 16.31µg (4.08%)