

health-score71%

HEALTH SCORE

Grilled Swordfish

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons coriander seeds toasted
- ☐ 2 tablespoons fennel seeds toasted
- ☐ 0.5 pound fingerling potatoes
- ☐ 0.3 pound green beans fresh
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon honey

- ☐ 2 teaspoons kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons mustard seeds toasted
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 servings olive oil
- ☐ 0.3 cup torn parsley leaves
- ☐ 1 medium onion red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 24 ounce swordfish steaks
- ☐ 0.3 pound turtle beans fresh
- ☐ 100 cherry tomatoes sweet red yellow halved

Equipment

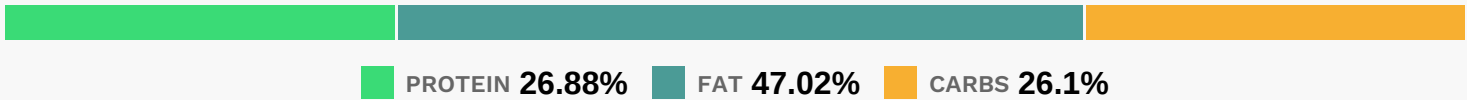
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare a large bowl with ice water and set aside.
- ☐ Bring a medium pot of cold water to a boil then season with a tablespoon of salt.
- ☐ Add the beans and cook for approximately 3 to 4 minutes or until just crisp tender.
- ☐ Drain and immediately plunge into the ice water to stop the cooking.
- ☐ Let sit in the ice water for a few minutes, and then drain well.

- ☐ Place potatoes in a medium saucepan, cover with cold water and season with 1 tablespoon of salt and cook until almost cooked through (a knife or skewer inserted into the center goes in with a little resistance).
- ☐ Drain well and place on a baking sheet to cool slightly. Once cool enough to handle, slice potatoes lengthwise, brush with olive oil and season with salt and pepper.
- ☐ Place on the grill, cut side down and cook until golden brown, about 2 to 3 minutes, turn over and grill until just cooked through, about 1 to 2 minutes longer.
- ☐ Place cooked beans, grilled potatoes, tomatoes, and onions, in a large bowl.
- ☐ Add the vinaigrette and gently toss to combine; season with salt and pepper. Cover and let sit at room temperature while you prepare the swordfish.
- ☐ Add swordfish cubes to salad, toss to combine, and divide among 4 plates.
- ☐ Garnish each serving with 1 tablespoon torn parsley.
- ☐ Heat grill to high.
- ☐ Combine spices and salt and pepper in a bowl.
- ☐ Brush both sides of swordfish with oil and season with a little salt. Rub 1 side of each steak with 1/4 of the spice mixture.
- ☐ Place swordfish on the grill, spice side down and cook until slightly charred and a crust has formed, about 4 to 5 minutes. Flip the fish over and continue cooking for 2 to 3 minutes or until just cooked through.
- ☐ Remove from the grill and let rest 5 minutes. Dice swordfish into bite-size pieces.
- ☐ Whisk together vinegar, honey, garlic and anchovy paste and season with salt and pepper. Slowly whisk in the olive oil and set aside.

Nutrition Facts



Properties

Glycemic Index:97.76, Glycemic Load:11.17, Inflammation Score:-10, Nutrition Score:50.1573913823%

Flavonoids

Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg

Nutrients (% of daily need)

Calories: 618.33kcal (30.92%), Fat: 32.98g (50.74%), Saturated Fat: 5.66g (35.38%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 33.24g (12.09%), Sugar: 17.57g (19.52%), Cholesterol: 115.66mg (38.55%), Sodium: 1509.27mg (65.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.41g (84.83%), Vitamin D: 23.71µg (158.08%), Vitamin C: 125.79mg (152.47%), Selenium: 106.52µg (152.18%), Vitamin K: 99.94µg (95.18%), Vitamin B3: 17.43mg (87.17%), Vitamin B6: 1.54mg (77.15%), Phosphorus: 661.23mg (66.12%), Potassium: 2170.5mg (62.01%), Vitamin E: 8.98mg (59.86%), Vitamin A: 2804.21IU (56.08%), Manganese: 0.99mg (49.71%), Vitamin B12: 2.93µg (48.78%), Magnesium: 144.84mg (36.21%), Iron: 6.18mg (34.33%), Fiber: 7.94g (31.76%), Folate: 119.51µg (29.88%), Copper: 0.58mg (28.98%), Vitamin B1: 0.4mg (26.46%), Zinc: 2.53mg (16.87%), Vitamin B2: 0.28mg (16.35%), Calcium: 158.52mg (15.85%), Vitamin B5: 1.49mg (14.87%)