



Grilled Swordfish with Avocado Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 3 tablespoons cilantro leaves fresh
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 jalapeno finely chopped
- ☐ 2 juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon paprika

- ☐ 0.3 cup onion red sliced
- ☐ 4 servings salt and pepper
- ☐ 4 swordfish steaks
- ☐ 2 tomatoes diced

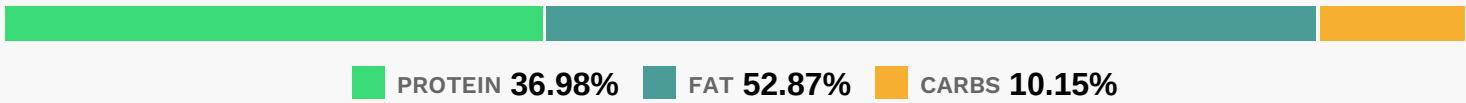
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Place the avocado, jalapeño, onion, lime juice, tomato, chopped cilantro and olive oil in a small bowl.
- ☐ Mix well and season with salt and pepper. Set aside.Pre-heat the grill on high heat and oil the grill rack. Coat the swordfish with olive oil.In a small bowl, mix together the garlic powder, cumin, paprika, salt and pepper.
- ☐ Sprinkle both sides of each swordfish steak generously with the spice rub.Grill the swordfish directly over high heat, turning once, until grill-marked, firm to the touch and opaque throughout, 3 to 4 minutes per side.
- ☐ Place the swordfish steaks on individual plates and top with the avocado salsa.
- ☐ Garnish with lime wedges and cilantro sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:1.31, Inflammation Score:-8, Nutrition Score:30.020434866781%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg

1.35mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 379.13kcal (18.96%), Fat: 22.44g (34.52%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 5.11g (1.86%), Sugar: 2.88g (3.2%), Cholesterol: 112.2mg (37.4%), Sodium: 339.88mg (14.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.31g (70.62%), Vitamin D: 23.63µg (157.53%), Selenium: 97.95µg (139.92%), Vitamin B3: 14.53mg (72.66%), Vitamin B6: 1.14mg (57.02%), Phosphorus: 483.76mg (48.38%), Vitamin B12: 2.89µg (48.17%), Vitamin E: 5.5mg (36.66%), Potassium: 1155.47mg (33.01%), Vitamin C: 21.12mg (25.6%), Vitamin A: 962.85IU (19.26%), Magnesium: 75.02mg (18.76%), Vitamin K: 19.3µg (18.38%), Fiber: 4.58g (18.32%), Folate: 58.26µg (14.56%), Vitamin B5: 1.4mg (13.97%), Vitamin B1: 0.2mg (13.19%), Zinc: 1.62mg (10.77%), Copper: 0.21mg (10.69%), Vitamin B2: 0.18mg (10.52%), Manganese: 0.2mg (9.88%), Iron: 1.39mg (7.72%), Calcium: 29.46mg (2.95%)