



Grilled Swordfish with Charmoula



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flat-leaf parsley chopped
- 1.5 teaspoons ground cumin
- 0.3 teaspoon ground ginger
- 0.3 teaspoon fresh-ground pepper black
- 3.5 teaspoons juice of lemon
- 5 tablespoons olive oil
- 0.5 teaspoon oregano dried
- 1.5 teaspoons paprika

- 1 teaspoon salt
- 4 swordfish steaks (2 pounds in all)
- 0.8 cup tomatoes in purée thick canned crushed

Equipment

- food processor
- blender
- grill
- broiler

Directions

- Light the grill or heat the broiler.
- Put the tomatoes in a blender or food processor and add 4 tablespoons of the oil, the lemon juice, cumin, paprika, oregano, ginger, 3/4 teaspoon of the salt, 1/8 teaspoon of the pepper, and the parsley. Blend just until the mixture becomes a coarse puree.
- Coat the swordfish with the remaining 1 tablespoon oil and sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Grill or broil the fish for 4 minutes. Turn and cook until golden brown and just done, about 4 minutes longer.
- Serve the sauce alongside.
- Fish Alternatives: Cod, halibut, tilefish, mahimahi, mako shark, sturgeon, tuna--just about any fish steaks can stand in for the swordfish.
- Wine Recommendation: Choose a pinot blanc from Alsace in France or a pinot gris from Oregon; both are delightful, easy-drinking white wines that will have enough body and the requisite moderate acidity to pair with the spicy tomato sauce.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:31.231739292974%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 423.11kcal (21.16%), Fat: 29.27g (45.02%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.26g (2.51%), Cholesterol: 112.2mg (37.4%), Sodium: 784.05mg (34.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.23%), Vitamin D: 23.63µg (157.53%), Selenium: 98.04µg (140.05%), Vitamin K: 97.51µg (92.87%), Vitamin B3: 13.95mg (69.75%), Vitamin B6: 1.02mg (51.04%), Vitamin B12: 2.89µg (48.17%), Phosphorus: 458.14mg (45.81%), Vitamin E: 6.86mg (45.7%), Potassium: 913.02mg (26.09%), Vitamin A: 1106.92IU (22.14%), Magnesium: 66.39mg (16.6%), Vitamin C: 12.59mg (15.26%), Iron: 2.44mg (13.54%), Vitamin B1: 0.17mg (11.65%), Manganese: 0.22mg (10.94%), Zinc: 1.38mg (9.22%), Copper: 0.17mg (8.68%), Vitamin B2: 0.13mg (7.81%), Vitamin B5: 0.77mg (7.7%), Fiber: 1.54g (6.15%), Folate: 18.85µg (4.71%), Calcium: 45.01mg (4.5%)