



Grilled Swordfish with Cucumber Lime Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound cucumber peeled seeded cut into 1/4-inch dice (3/4 cup)
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon honey
- ☐ 1 lime
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon spring onion finely chopped

- ☐ 1 teaspoon serrano chiles fresh finely chopped (including seeds)
- ☐ 1 teaspoon sugar to taste
- ☐ 1 teaspoon vegetable oil for brushing pan

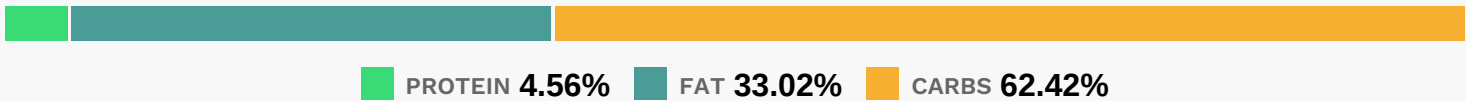
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ grill pan

Directions

- ☐ Stir together lime juice, honey, oil, and coriander in a shallow dish.
- ☐ Add swordfish, turning to coat, and marinate at room temperature, turning over once, 15 minutes. (Do not marinate longer.)
- ☐ Remove peel, including all white pith, from lime with a sharp paring knife.
- ☐ Cut segments free from membranes and finely chop segments, then combine with remaining salsa ingredients in a bowl.
- ☐ Lightly brush grill pan with oil and heat over moderately high heat until just beginning to smoke.
- ☐ Remove swordfish from marinade and season both sides with salt and pepper. Grill fish until just cooked through, 3 to 4 minutes per side.
- ☐ Serve topped with salsa.
- ☐ Salsa can be made 2 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:233.36, Glycemic Load:7.79, Inflammation Score:-5, Nutrition Score:7.344782564951%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 30.16mg, Hesperetin: 30.16mg, Hesperetin: 30.16mg, Hesperetin: 30.16mg Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg, Naringenin: 2.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 122.53kcal (6.13%), Fat: 5.22g (8.03%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 18.37g (6.68%), Sugar: 12.91g (14.34%), Cholesterol: 0mg (0%), Sodium: 587.64mg (25.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Vitamin C: 30.21mg (36.62%), Vitamin K: 30.83µg (29.36%), Fiber: 3.82g (15.29%), Potassium: 294.04mg (8.4%), Copper: 0.16mg (7.97%), Manganese: 0.15mg (7.56%), Folate: 27.42µg (6.86%), Magnesium: 27.33mg (6.83%), Iron: 1.14mg (6.34%), Calcium: 59.89mg (5.99%), Vitamin B6: 0.11mg (5.42%), Phosphorus: 49.65mg (4.96%), Vitamin A: 228.2IU (4.56%), Vitamin B1: 0.07mg (4.56%), Vitamin B5: 0.45mg (4.52%), Vitamin E: 0.64mg (4.26%), Vitamin B2: 0.06mg (3.55%), Zinc: 0.42mg (2.8%), Vitamin B3: 0.32mg (1.58%), Selenium: 1.05µg (1.5%)