

 **65%**
HEALTH SCORE

Grilled Swordfish with Grilled Caponata

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



36 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons capers drained
- 1 medium eggplant sliced lengthwise
- 3 tablespoons flat-leaf parsley finely chopped
- 3 cloves garlic finely chopped
- 0.3 cup golden raisins hot drained
- 0.3 cup olives green chopped
- 2 teaspoons honey
- 4 servings olive oil

- 4 servings olive oil for brushing vegetables, plus 1/2 cup
- 2 tablespoons pinenuts toasted
- 4 plum tomatoes halved
- 1 large onion red peeled sliced into 1/ slices
- 1 pinch pepper flakes red
- 0.3 cup red wine vinegar
- 4 servings salt and pepper freshly ground
- 4 swordfish steaks

Equipment

- bowl
- whisk
- grill

Directions

- Heat grill to high.
- Brush swordfish on both sides with oil and season with salt and pepper. Grill for 3 to 4 minutes per side for medium-well doneness.
- Remove from the grill and top with some of the Grilled Caponata.
- Serve.
- Heat grill to high.
- Brush eggplant, onion slices, and tomatoes with olive oil and season with salt and pepper, to taste. Grill the eggplant for 6 to 8 minutes per side until golden brown and cooked through. Grill the onions for 3 to 4 minutes per side until golden brown and just cooked through. Grill the tomatoes for 2 minutes per side until charred and slightly soft.
- Remove the vegetables from the grill and cut into 1/2-inch dice.
- Place the vegetables in a medium bowl and add the olives, capers, raisins and pine nuts.
- Mix together the garlic, red pepper flakes, vinegar, and honey in a small bowl. Season with salt and pepper, to taste. Slowly whisk in about 1/2 cup olive oil until dressing is emulsified.

Pour the dressing over the vegetables, add the parsley and toss, and let stand at room temperature for about 30 minutes before serving.

Nutrition Facts

PROTEIN 27.34% **FAT 47.8%** **CARBS 24.86%**

Properties

Glycemic Index:77.73, Glycemic Load:11.68, Inflammation Score:-10, Nutrition Score:43.244347758915%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.78mg, Kaempferol: 5.78mg, Kaempferol: 5.78mg, Kaempferol: 5.78mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 13.15mg, Quercetin: 13.15mg, Quercetin: 13.15mg, Quercetin: 13.15mg

Nutrients (% of daily need)

Calories: 569.74kcal (28.49%), Fat: 30.96g (47.63%), Saturated Fat: 5.26g (32.86%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 26.81g (9.75%), Sugar: 15.37g (17.07%), Cholesterol: 112.2mg (37.4%), Sodium: 628.41mg (27.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.7%), Vitamin D: 23.63µg (157.53%), Selenium: 99µg (141.43%), Vitamin A: 5668.79IU (113.38%), Vitamin B3: 15.91mg (79.53%), Vitamin K: 70.99µg (67.61%), Vitamin B6: 1.26mg (62.94%), Phosphorus: 584.03mg (58.4%), Manganese: 1.14mg (56.83%), Vitamin B12: 2.89µg (48.17%), Vitamin E: 7mg (46.68%), Potassium: 1489.37mg (42.55%), Fiber: 9.4g (37.61%), Vitamin C: 27.8mg (33.69%), Magnesium: 117.48mg (29.37%), Vitamin B1: 0.35mg (23.15%), Copper: 0.43mg (21.47%), Folate: 77.35µg (19.34%), Iron: 2.94mg (16.31%), Vitamin B2: 0.27mg (15.93%), Zinc: 2.31mg (15.38%), Vitamin B5: 1.21mg (12.13%), Calcium: 75.33mg (7.53%)