



Grilled Swordfish with Mango and Black Bean Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup black beans canned rinsed cooked well fine (beans, , are)
- ☐ 6 servings fish fillet
- ☐ 1 small very jalapeño pepper minced seeded
- ☐ 0.5 teaspoon lime zest finely grated
- ☐ 1 small fully mango pitted ripe peeled cut into small dice
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons orange juice fresh

- ☐ 1 small bell pepper red cored seeded cut into small dice, and blanched
- ☐ 2 teaspoons rice vinegar
- ☐ 6 servings salsa
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 bunch scallions green chopped
- ☐ 42 ounces swordfish fillets

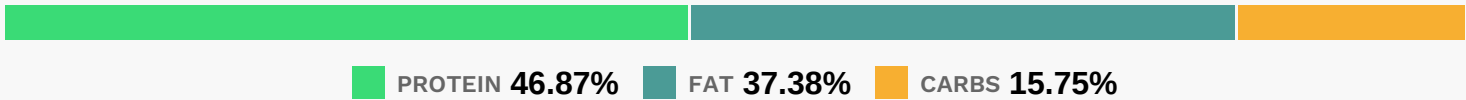
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare an outdoor grill. At least 30 minutes in advance, combine the salsa ingredients in a nonreactive bowl. (The salsa may be made and refrigerated up to 2 days in advance.)
- ☐ Coat the fish with the olive oil and season with the salt and pepper. Grill the fillets about 7 to 8 inches from the heat source for 1 1/2 minutes. Rotate the fillets 45 to make an attractive crosshatch pattern and cook 1 1/2 minutes more. Turn and cook for 1 1/2 minutes.
- ☐ Alternatively, heat a grill pan until very hot, about 3 minutes. Sear the fillets following the time schedule above. The fish is done when it is almost firm.
- ☐ Remove the fillets to plates, crosshatched side up. Stir the salsa, spoon it generously over the fish, and serve.

Nutrition Facts



Properties

Glycemic Index:57.29, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:31.522174099217%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 364.54kcal (18.23%), Fat: 14.92g (22.95%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 10.73g (3.9%), Sugar: 7.09g (7.87%), Cholesterol: 131.47mg (43.82%), Sodium: 372.77mg (16.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.1g (84.19%), Vitamin D: 27.62µg (184.1%), Selenium: 115.13µg (164.48%), Vitamin B3: 16.32mg (81.61%), Vitamin B6: 1.24mg (62.05%), Vitamin B12: 3.39µg (56.49%), Phosphorus: 558.68mg (55.87%), Vitamin C: 34.98mg (42.4%), Vitamin E: 5.2mg (34.66%), Potassium: 1099.58mg (31.42%), Vitamin A: 1209.53IU (24.19%), Magnesium: 84.17mg (21.04%), Vitamin B1: 0.24mg (15.77%), Folate: 61.67µg (15.42%), Fiber: 3.42g (13.66%), Zinc: 1.7mg (11.3%), Manganese: 0.21mg (10.47%), Copper: 0.19mg (9.55%), Vitamin B5: 0.94mg (9.45%), Vitamin B2: 0.16mg (9.26%), Vitamin K: 9.15µg (8.72%), Iron: 1.52mg (8.44%), Calcium: 32.4mg (3.24%)