



Grilled Swordfish with Tomato-and-Cucumber Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cooking oil
- 1 cucumber peeled halved lengthwise seeded cut into 1/4-inch dice
- 1 tablespoon optional: dill fresh chopped
- 0.5 teaspoon fresh-ground pepper black
- 1.3 pounds plum tomatoes halved (6)
- 1 teaspoon salt
- 4 swordfish steaks (2 pounds in all)

1.5 teaspoons red-wine vinegar

Equipment

bowl

grill

broiler

Directions

- Light the grill or heat the broiler. Coat the tomato halves with 1 teaspoon of the oil. Grill the tomatoes cut-side up (or broil them cut-side down), until the skins start to blacken, about 10 minutes. Slip off the skins and put the tomatoes in a medium glass or stainless-steel bowl.
- Add the cucumber, lemon juice, dill, 3/4 teaspoon of the salt, and 1/4 teaspoon of the pepper. Stir to break up the tomatoes and to combine the ingredients.
- Coat the swordfish with the remaining 2 teaspoons oil and sprinkle with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Grill or broil the fish for 4 minutes. Turn and cook until golden brown and just done, 4 to 5 minutes longer.
- Serve with the salsa.
- Fish Alternatives: Halibut, marlin, and salmon steaks are also delicious grilled, and any of these would go well with the salsa.
- Variations: Use 1 tablespoon chopped fresh basil in place of the dill. A tablespoon of fresh mint is another tasty alternative.
- Wine Recommendation: A light white wine with plenty of refreshing acidity is perfect with both the fish and the fresh vegetables. Try a Muscadet de Svre-et-Maine from the Loire Valley in France.

Nutrition Facts



PROTEIN 45.82% **FAT 44.65%** **CARBS 9.53%**

Properties

Glycemic Index:25, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:29.203043274257%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 311.28kcal (15.56%), Fat: 15.22g (23.41%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 5.01g (1.82%), Sugar: 4.76g (5.29%), Cholesterol: 112.2mg (37.4%), Sodium: 727.92mg (31.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.14g (70.28%), Vitamin D: 23.63µg (157.53%), Selenium: 97.67µg (139.53%), Vitamin B3: 14.07mg (70.33%), Vitamin B6: 1.08mg (53.78%), Phosphorus: 483.88mg (48.39%), Vitamin B12: 2.89µg (48.17%), Potassium: 1153.45mg (32.96%), Vitamin E: 4.84mg (32.25%), Vitamin A: 1447.84IU (28.96%), Vitamin C: 21.91mg (26.56%), Vitamin K: 19.67µg (18.74%), Magnesium: 74.46mg (18.62%), Vitamin B1: 0.2mg (13.57%), Manganese: 0.27mg (13.53%), Copper: 0.21mg (10.36%), Zinc: 1.5mg (9.98%), Fiber: 2.29g (9.17%), Vitamin B5: 0.9mg (9.05%), Folate: 35.35µg (8.84%), Vitamin B2: 0.14mg (8.03%), Iron: 1.24mg (6.88%), Calcium: 34.96mg (3.5%)