



Grilled Swordfish with Tomato-Molasses Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons coconut oil divided
- ☐ 1 lime halved
- ☐ 2 cups baby greens mixed
- ☐ 1 medium plantains ripe peeled sliced
- ☐ 0.3 teaspoon salt
- ☐ 12 ounce swordfish fillets halved

☐ 2 servings tomato-molasses dressing

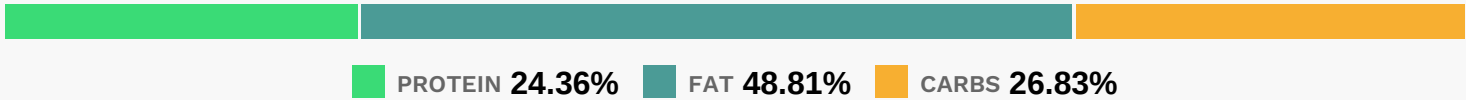
Equipment

☐ grill

Directions

- ☐ Brush plantain slices and lime halves evenly with 1 tablespoon coconut oil.
- ☐ Place plantains and lime halves, flesh-side down, on a greased grill rack. Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) for about 4 minutes or until golden brown; set aside.
- ☐ Sprinkle swordfish with salt and pepper; brush fillets with remaining 2 tablespoons coconut oil.
- ☐ Place fish on a greased grill rack. Grill, covered, over medium-high heat 1 to 2 minutes on each side or until fish flakes with a fork.
- ☐ Arrange greens on 2 serving plates. Top evenly with fish, plantains, and grilled lime; drizzle with Tomato-Molasses Dressing.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:2.74, Inflammation Score:-10, Nutrition Score:37.682173791139%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 2.36mg, Naringenin: 2.36mg, Naringenin: 2.36mg, Naringenin: 2.36mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 578.54kcal (28.93%), Fat: 32.9g (50.61%), Saturated Fat: 20.12g (125.72%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 36.01g (13.1%), Sugar: 20.96g (23.29%), Cholesterol: 112.26mg (37.42%), Sodium: 452.16mg (19.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.95g (73.9%), Vitamin D: 23.64µg (157.62%), Selenium: 99.29µg (141.84%), Vitamin B3: 15.16mg (75.8%), Vitamin C: 60.16mg (72.92%), Vitamin B6:

1.33mg (66.57%), Vitamin A: 3187.38IU (63.75%), Phosphorus: 527.61mg (52.76%), Vitamin B12: 2.89µg (48.19%), Potassium: 1679.82mg (47.99%), Vitamin K: 40.9µg (38.95%), Vitamin E: 4.51mg (30.05%), Magnesium: 108.19mg (27.05%), Manganese: 0.45mg (22.35%), Fiber: 4.68g (18.73%), Vitamin B1: 0.27mg (18.13%), Folate: 67.61µg (16.9%), Copper: 0.28mg (14.2%), Vitamin B2: 0.22mg (12.91%), Iron: 2.11mg (11.75%), Zinc: 1.73mg (11.52%), Vitamin B5: 1.15mg (11.48%), Calcium: 46.94mg (4.69%)