



Mango BBQ'd-Grilled Swordfish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups barbecue sauce
- ☐ 14 ounce canned tomatoes peeled chopped canned
- ☐ 1 teaspoon chili powder
- ☐ 0.5 tablespoon cumin seeds toasted
- ☐ 1 tablespoon t brown sugar dark
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 clove garlic minced

- ☐ 1 tablespoon pepper black
- ☐ 0.5 tablespoon paprika hot
- ☐ 1 mangos peeled sliced for garnish
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 tablespoons olive oil pure
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 large onion red chopped
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons sugar
- ☐ 28 ounce equal sizes of swordfish trimmed
- ☐ 0.5 cup citrus champagne vinegar
- ☐ 1 tablespoon worcestershire sauce

Equipment

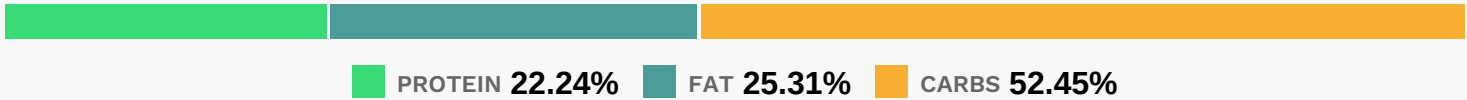
- ☐ food processor
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a large heavy saucepan over medium heat, add the oil and onion and stir. Then let the onions caramelize, without stirring.
- ☐ Add the garlic and stir for about 1 minute.
- ☐ Add all of the remaining BBQ sauce ingredients, bring to a boil, then reduce the heat and simmer for 50 to 60 minutes, stirring occasionally, until you have a little over 3 cups sauce. Leave chunky or puree in a blender or food processor. Set aside to cool.
- ☐ Remove the swordfish steaks from the refrigerator and let sit for 30 minutes at room temperature before cooking them.

- ☐
- Prepare an outdoor grill for grilling over medium–high heat or preheat a grill pan overmedium–high heat. Grill the swordfish steaks for 3 to 4 minutes on the first side and 2 to 3minutes on the second side, until browned on the outside and cooked through.
- ☐
- Transfer to warm serving plates and spoon some of the mango BBQ sauce around the fish.
- ☐
- From My Key West Kitchen: Recipes and Stories by Norman Van Aken and Justin Van Aken.
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Nutrition Facts



Properties

Glycemic Index:120.46, Glycemic Load:18.26, Inflammation Score:-9, Nutrition Score:44.250869502192%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 800.22kcal (40.01%), Fat: 22.61g (34.78%), Saturated Fat: 4.41g (27.59%), Carbohydrates: 105.41g (35.14%), Net Carbohydrates: 99.43g (36.16%), Sugar: 86.41g (96.01%), Cholesterol: 130.97mg (43.66%), Sodium: 2516.78mg (109.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.7g (89.39%), Vitamin D: 27.58µg (183.89%), Selenium: 126.34µg (180.49%), Vitamin B3: 18.78mg (93.89%), Vitamin B6: 1.64mg (81.87%), Phosphorus: 632.7mg (63.27%), Potassium: 2060.25mg (58.86%), Manganese: 1.15mg (57.63%), Vitamin B12: 3.37µg (56.23%), Vitamin E: 8.43mg (56.21%), Vitamin C: 38.93mg (47.19%), Magnesium: 177.06mg (44.26%), Vitamin A: 2053.55IU (41.07%), Iron: 5.96mg (33.09%), Copper: 0.62mg (30.84%), Fiber: 5.98g (23.93%), Vitamin K: 24.73µg (23.55%), Vitamin B1: 0.35mg (23.31%), Vitamin B2: 0.32mg (18.74%), Calcium: 186.44mg (18.64%), Vitamin B5: 1.66mg (16.62%), Zinc: 2.25mg (15%), Folate: 54.26µg (13.57%)