



Marinated Swordfish & Tomato Salad with Sizzling Garlic



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoon marcona almonds chopped
- ☐ 3 clove garlic peeled thinly sliced
- ☐ 1 pound grape tomatoes whole
- ☐ 1 pound heirloom tomatoes; whole halved quartered
- ☐ 2 tablespoon juice of lemon fresh
- ☐ 3 tablespoon oil sun-dried tomatoes packed drained finely chopped
- ☐ 4 tablespoon olive oil extra-virgin

- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper as needed
- ☐ 1 pound swordfish steak cut into ½-inch cubes ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425 degrees F. Line a rimmed baking sheet with parchment paper. In a large bowl, combine swordfish, 2 tablespoons olive oil, lemon juice, sliced basil and ¼ teaspoon pepper.
- ☐ Let stand, covered, at room temperature for 20 minutes.
- ☐ Spread swordfish and its marinade in a single layer on the prepared pan. Season with salt.
- ☐ Bake until cubes are just cooked through and opaque, about 5 minutes. Discard marinade and cover loosely with foil, set aside in a warm place. Meanwhile, combine cherry and grape tomatoes in a medium bowl. Season with vinegar, salt and pepper; toss to combine. Arrange the fresh tomato mixture and any accumulated liquid with the drained swordfish and on a large serving plate.
- ☐ Heat remaining 2 tablespoons olive oil in small sauce pan set over medium heat.
- ☐ Add the garlic slices and cook until the garlic begins to color and is very fragrant.
- ☐ Pour the oil over the tomatoes while still blazing hot. Where it comes in contact with the tomatoes and basil it will cook the mixture somewhat, making a nice varied texture.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 22.92%**  **FAT 65.4%**  **CARBS 11.68%**

Properties

Glycemic Index:36.5, Glycemic Load:3.09, Inflammation Score:-9, Nutrition Score:23.953478336334%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg, Naringenin: 1.68mg 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: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 459.27kcal (22.96%), Fat: 34.37g (52.88%), Saturated Fat: 9.43g (58.96%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 9.62g (3.5%), Sugar: 7.91g (8.79%), Cholesterol: 69.17mg (23.06%), Sodium: 269.22mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.2%), Vitamin C: 36.16mg (43.84%), Zinc: 6.54mg (43.62%), Selenium: 28.51µg (40.73%), Vitamin A: 1939.72IU (38.79%), Vitamin B3: 7.53mg (37.66%), Vitamin E: 5.17mg (34.49%), Vitamin B6: 0.69mg (34.4%), Vitamin B12: 1.88µg (31.37%), Potassium: 1043.4mg (29.81%), Vitamin K: 29.7µg (28.28%), Phosphorus: 271.49mg (27.15%), Manganese: 0.54mg (26.99%), Vitamin B2: 0.42mg (24.8%), Magnesium: 77.45mg (19.36%), Iron: 3.32mg (18.46%), Copper: 0.36mg (18.06%), Fiber: 4.19g (16.76%), Vitamin B1: 0.23mg (15.01%), Folate: 44.84µg (11.21%), Calcium: 59.92mg (5.99%), Vitamin B5: 0.34mg (3.39%)