



Penne with Swordfish, Mint, and Pine Nuts

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



735 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup mint leaves fresh chopped
- 3 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 0.3 cup olive oil
- 0.8 pound penne pasta
- 0.3 cup pinenuts
- 0.8 teaspoon salt
- 1 pound swordfish steak

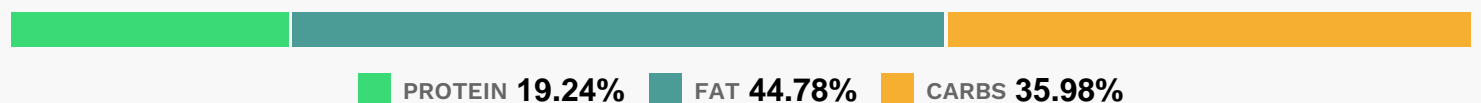
Equipment

- frying pan
- oven
- pot

Directions

- In a small frying pan, toast the pine nuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast them in a 350 oven for 5 to 10 minutes.
- In a large nonstick frying pan, heat the 1/2 tablespoon oil over moderate heat.
- Sprinkle the swordfish with 1/4 teaspoon of the salt and the pepper.
- Add the fish to the pan and cook 4 minutes. Turn and cook until the fish is just done, 2 to 3 minutes longer.
- Remove. When the fish is cool enough to handle, cut it into 1-inch cubes.
- Wipe out the pan.
- Add the remaining 1/4 cup oil to the pan and heat over moderately low heat.
- Add the garlic and cook, stirring, for 1 minute. Stir in 1/4 cup of the mint and remove the pan from the heat.
- In a large pot of boiling, salted water, cook the penne until just done, about 13 minutes.
- Drain and toss with the swordfish, the garlic-and-mint oil, the pine nuts, the remaining 1/4 cup mint, and 1/2 teaspoon salt.
- Variations: You can use tuna in place of the swordfish. Cook the tuna a few minutes less than the swordfish so that it's still pink inside.
- Wine Recommendation: Although a meaty fish such as swordfish can usually take a red wine, the minty accents here are better accentuated by a crisp white wine such as a pinot grigio from Italy or a sauvignon blanc from Washington State.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:25.75, Inflammation Score:-6, Nutrition Score:24.543478084647%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 735.13kcal (36.76%), Fat: 36.66g (56.4%), Saturated Fat: 9.66g (60.39%), Carbohydrates: 66.27g (22.09%), Net Carbohydrates: 62.71g (22.8%), Sugar: 2.6g (2.89%), Cholesterol: 69.17mg (23.06%), Sodium: 502.69mg (21.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.43g (70.86%), Selenium: 81.81µg (116.87%), Manganese: 1.64mg (82.17%), Zinc: 7.65mg (51.01%), Phosphorus: 380.3mg (38.03%), Vitamin B3: 7.48mg (37.41%), Vitamin B12: 1.88µg (31.37%), Vitamin B6: 0.62mg (30.83%), Magnesium: 95.36mg (23.84%), Copper: 0.47mg (23.64%), Iron: 3.94mg (21.88%), Vitamin B2: 0.36mg (21.11%), Vitamin E: 2.83mg (18.85%), Potassium: 586.85mg (16.77%), Vitamin B1: 0.22mg (14.42%), Fiber: 3.56g (14.25%), Vitamin K: 14.7µg (14%), Folate: 28.08µg (7.02%), Vitamin A: 259.29IU (5.19%), Calcium: 45.85mg (4.58%), Vitamin B5: 0.43mg (4.27%), Vitamin C: 2.56mg (3.1%)