



Peppered Swordfish with Cardamom-Carrot Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cardamom pods
- ☐ 0.8 cup carrot juice refrigerated
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 teaspoon coarse-ground pepper
- ☐ 1 teaspoon olive oil
- ☐ 1.5 teaspoons rice vinegar
- ☐ 4 servings salt

- ☐ 0.5 teaspoon sugar
- ☐ 1 pound boned

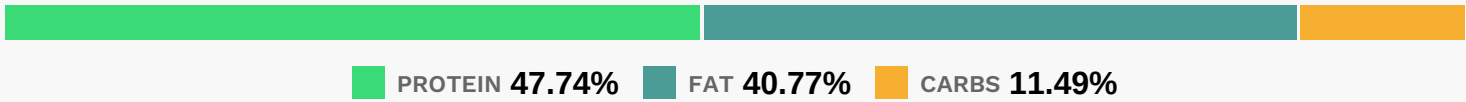
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Crush cardamom pods; remove black seed.
- ☐ In a 1- to 1 1/2-quart pan, mix cardamom seed, carrot juice, 1 1/2 teaspoons vinegar, cornstarch, and sugar until well blended. Stir over high heat until mixture boils; reduce heat to low and simmer, stirring occasionally, until reduced to 1/2 cup, 7 to 9 minutes. Cover pan and remove from heat; let stand 5 to 10 minutes. Taste, and add salt and more vinegar if desired.
- ☐ Pour sauce through a fine strainer into a bowl.
- ☐ Meanwhile, rinse fish, pat dry, and cut into 4 equal portions. Rub fish all over with olive oil and sprinkle lightly with salt. Set a 10- to 12-inch nonstick frying pan (with ovenproof handle) over high heat. When pan is hot, add fish and turn as needed to brown on both sides, 2 to 3 minutes total.
- ☐ Sprinkle pepper evenly over fish.
- ☐ Put pan with fish in a 400 oven; bake until fish is opaque but still moist-looking in center of thickest part (cut to test), 5 to 7 minutes.
- ☐ Transfer fish to rimmed plates. Spoon sauce evenly around fish and sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:50.02, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:23.674348007078%

Nutrients (% of daily need)

Calories: 195.87kcal (9.79%), Fat: 8.65g (13.3%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.95g (1.8%), Sugar: 2.23g (2.48%), Cholesterol: 74.84mg (24.95%), Sodium: 315.07mg (13.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.57%), Vitamin A: 8599.13IU (171.98%), Vitamin D: 15.76µg (105.08%), Selenium: 65.39µg (93.41%), Vitamin B3: 8.98mg (44.89%), Vitamin B6: 0.71mg (35.66%), Vitamin B12: 1.93µg (32.13%), Phosphorus: 308.98mg (30.9%), Vitamin E: 2.95mg (19.66%), Potassium: 610.58mg (17.45%), Manganese: 0.23mg (11.39%), Magnesium: 40.48mg (10.12%), Vitamin B1: 0.13mg (8.46%), Vitamin K: 7.78µg (7.41%), Zinc: 0.87mg (5.79%), Vitamin B2: 0.09mg (5.04%), Vitamin B5: 0.5mg (5%), Vitamin C: 3.87mg (4.69%), Iron: 0.73mg (4.04%), Copper: 0.07mg (3.44%), Fiber: 0.53g (2.12%), Calcium: 19.02mg (1.9%), Folate: 4.06µg (1.01%)