



Prime Rib of Swordfish



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons coriander seeds
- ☐ 3 pounds center-cut swordfish loin boneless skinless
- ☐ 1 cup fennel seeds
- ☐ 3 tablespoons kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon sea salt
- ☐ 2 tablespoons peppercorns white

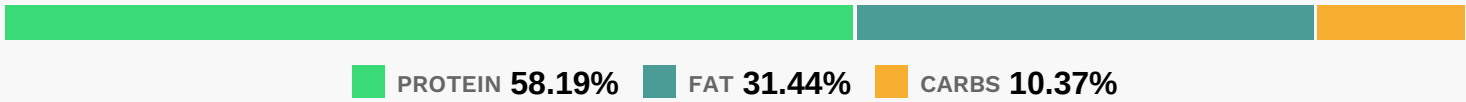
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Set a rack inside a baking sheet.
- ☐ Season the swordfish with sea salt and the Fennel Spice Rub, pressing the spices into the flesh. Tie the swordfish crosswise at 3 evenly spaced places (not imperative but it will hold together a little easier).
- ☐ Heat the olive oil in a 12-inch skillet over medium heat. Brown the swordfish on all sides, turning occasionally, about 15 minutes total.
- ☐ Place the swordfish on the rack inside the baking sheet and roast until the internal temperature reaches 120 degrees F, or about 30 minutes. Allow the fish to rest at room temperature for 10 minutes before carving.
- ☐ Cut the strings to remove, and carve the swordfish crosswise into 1/2-inch slices.
- ☐ Put the fennel seeds, coriander seeds, and peppercorns in a heavy pan over medium heat, tossing frequently so the seeds toast evenly. Watch carefully as they can easily burn.
- ☐ When light brown and fragrant, pour the seeds onto a plate to cool. They must be cool before grinding, or they will gum up the blades.
- ☐ Pour the seeds into a blender and add the salt. Blend to a fine powder, shaking the blender occasionally to redistribute the seeds. Store in a tightly sealed glass jar in a cool, dry place, or freeze.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:30.746086890283%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 371.02kcal (18.55%), Fat: 12.92g (19.88%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 3.25g (1.18%), Sugar: Og (0%), Cholesterol: 134.38mg (44.79%), Sodium: 3596.27mg (156.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.8g (107.61%), Vitamin B3: 19.04mg (95.2%), Vitamin B6: 1.34mg (67.18%), Iron: 9.99mg (55.51%), Vitamin B2: 0.92mg (54.31%), Phosphorus: 541.35mg (54.13%), Vitamin B12: 3.11µg (51.88%), Manganese: 1mg (50.21%), Zinc: 6.74mg (44.93%), Vitamin B1: 0.53mg (35.23%), Selenium: 23.24µg (33.2%), Copper: 0.56mg (28.17%), Magnesium: 104.91mg (26.23%), Potassium: 899.04mg (25.69%), Fiber: 6.33g (25.32%), Calcium: 173.06mg (17.31%), Vitamin B5: 1.48mg (14.76%), Vitamin E: 2.03mg (13.51%), Vitamin K: 6.1µg (5.81%), Vitamin C: 3.59mg (4.35%), Folate: 15.68µg (3.92%)