



Roasted Swordfish and Potatoes with Caper Mayonnaise

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons capers drained chopped
- 2 tablespoons parsley fresh chopped
- 1 teaspoon rosemary dried fresh crumbled chopped
- 5 cloves garlic chopped
- 0.5 teaspoon fresh-ground pepper black
- 1 cup mayonnaise
- 0.5 cup olive oil

- 1.5 pounds potatoes boiling cut into 1/2-inch pieces (4)
- 0.5 teaspoon salt
- 4 swordfish steaks (2 pounds in all)
- 1 teaspoon red-wine vinegar

Equipment

- bowl
- baking sheet
- oven
- roasting pan

Directions

- Heat the oven to 40
- In a large roasting pan, toss the potatoes with 1/4 cup of the oil, half the garlic, and 1/4 teaspoon each salt and pepper. Put in the oven for 15 minutes; stir once.
- Meanwhile, coat the swordfish with the remaining 1/4 cup oil, garlic, 1/4 teaspoon each salt and pepper, and the rosemary.
- Put the fish on a baking sheet and put it in the oven along with the potatoes. Cook, stirring the potatoes once, until the fish and potatoes are both done, 10 to 12 minutes for 1-inch-thick steaks.
- In a small bowl, combine the mayonnaise with the parsley, capers, and vinegar.
- Serve the roasted swordfish and potatoes with the caper mayonnaise.
- Variations: Try tuna, salmon, or codfish steaks instead of the swordfish. Fillets will also be good in this recipe, but you'll need to cut down on the cooking time. If you do, be sure the potatoes still cook for twenty-five minutes. Just put the fish in later.
- Wine Recommendation: Though not a typical Italian wine, pinot noir is superb with swordfish. There are some tasty pinot noirs from the Alto Adige and Friuli, which you'll find under the Italian name pinot nero.

Nutrition Facts



■ PROTEIN 18.87% ■ FAT 66.53% ■ CARBS 14.6%

Properties

Glycemic Index:36, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:35.26608699301%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 800.53kcal (40.03%), Fat: 58.91g (90.63%), Saturated Fat: 10.1g (63.12%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 25.87g (9.41%), Sugar: 2.59g (2.87%), Cholesterol: 135.72mg (45.24%), Sodium: 927.38mg (40.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.59g (75.19%), Vitamin D: 23.74µg (158.28%), Selenium: 100.31µg (143.31%), Vitamin K: 133.89µg (127.51%), Vitamin B3: 15.23mg (76.14%), Vitamin B6: 1.27mg (63.34%), Phosphorus: 556.83mg (55.68%), Vitamin B12: 2.96µg (49.29%), Potassium: 1527.55mg (43.64%), Vitamin E: 6.12mg (40.81%), Magnesium: 91.05mg (22.76%), Vitamin C: 18.64mg (22.6%), Vitamin B1: 0.28mg (18.74%), Manganese: 0.36mg (18.25%), Copper: 0.34mg (16.89%), Fiber: 3.23g (12.92%), Iron: 2.32mg (12.91%), Zinc: 1.85mg (12.33%), Vitamin B5: 1.2mg (12.01%), Folate: 40.96µg (10.24%), Vitamin B2: 0.17mg (9.74%), Vitamin A: 428.74IU (8.57%), Calcium: 42.63mg (4.26%)