



Sicilian Sweet-and-Sour Swordfish

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers
- 0.5 cup bottled clam juice
- 2 tablespoons cooking wine dry white
- 1 tablespoon flour all-purpose divided
- 2 tablespoons parsley fresh chopped
- 2 tablespoons kalamata olives chopped
- 2 teaspoons olive oil divided
- 1 cup onion finely chopped

- 1 tablespoon raisins
- 1 tablespoon red wine vinegar
- 2 teaspoons sugar
- 12 ounce swordfish steaks (1/)
- 2 tablespoons tomato paste
- 1 tablespoon water

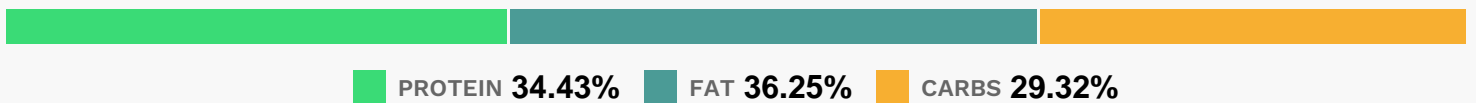
Equipment

- frying pan
- ziploc bags

Directions

- Remove skin from swordfish.
- Combine swordfish and 2 1/2 teaspoons flour in a large zip-top plastic bag; seal and shake gently to coat.
- Heat 1 teaspoon oil in a 10-inch cast-iron skillet over high heat.
- Add swordfish; cook 1 1/2 minutes on each side or until done.
- Remove from skillet; keep warm.
- Heat 1 teaspoon oil in skillet over medium heat.
- Add onion; saut 3 minutes.
- Add 1/2 teaspoon flour, capers, and raisins; cook 1 minute, stirring constantly. Stir in clam juice, wine, tomato paste, and water; bring to a boil.
- Add olives, vinegar, and sugar; cook 1 minute. Stir in parsley.
- Serve sauce with swordfish.

Nutrition Facts



Properties

Glycemic Index:161.45, Glycemic Load:10.84, Inflammation Score:-8, Nutrition Score:31.785652077716%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 5.83mg, Kaempferol: 5.83mg, Kaempferol: 5.83mg, Kaempferol: 5.83mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 23.16mg, Quercetin: 23.16mg, Quercetin: 23.16mg, Quercetin: 23.16mg

Nutrients (% of daily need)

Calories: 432.75kcal (21.64%), Fat: 16.97g (26.1%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 27.48g (9.99%), Sugar: 11.54g (12.82%), Cholesterol: 112.26mg (37.42%), Sodium: 723.31mg (31.45%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 36.25g (72.51%), Vitamin D: 23.64µg (157.62%), Selenium: 100.6µg (143.71%), Vitamin B3: 14.34mg (71.7%), Vitamin K: 71.49µg (68.09%), Vitamin B6: 1.12mg (56.03%), Phosphorus: 492.75mg (49.27%), Vitamin B12: 2.91µg (48.49%), Vitamin E: 5.15mg (34.36%), Potassium: 1149.39mg (32.84%), Vitamin C: 18.32mg (22.2%), Magnesium: 76.16mg (19.04%), Vitamin A: 911.77IU (18.24%), Vitamin B1: 0.23mg (15.39%), Fiber: 3.39g (13.55%), Manganese: 0.27mg (13.27%), Iron: 2.2mg (12.23%), Copper: 0.23mg (11.72%), Vitamin B2: 0.19mg (11.09%), Zinc: 1.53mg (10.18%), Folate: 39.73µg (9.93%), Vitamin B5: 0.81mg (8.11%), Calcium: 53.44mg (5.34%)