



Swordfish Balls and Red Gravy

READY IN



190 min.

SERVINGS



12

CALORIES



414 kcal

SAUCE

Ingredients

- 0.8 cup breadcrumbs fresh
- 28 ounce canned tomatoes crushed canned
- 0.3 cup capers fresh salted rinsed
- 1 eggs
- 0.5 cup basil leaves fresh
- 3 cloves garlic chopped
- 3 cloves garlic finely minced
- 12 servings salt and ground pepper
- 0.3 cup olive oil

- 3 tablespoons olive oil
- 0.3 cup olives black italian pitted quartered
- 1 small onion chopped
- 0.3 cup parsley fresh italian chopped
- 12 servings soup noodles for serving
- 0.5 cup pecorino romano cheese grated
- 1 pound equal sizes of swordfish
- 1 tablespoon tomato paste

Equipment

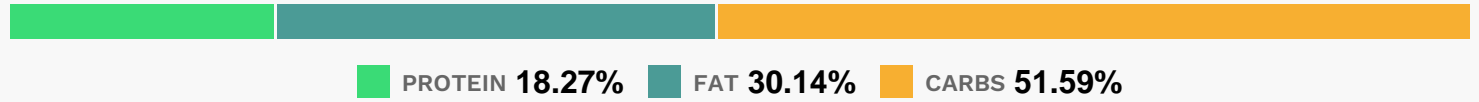
- food processor
- bowl
- frying pan
- pot

Directions

- Remove the skin from the swordfish and cut into chunks.
- Place the chunks in a food processor and pulse until the texture resembles ground beef.
- Place in a large bowl and add the breadcrumbs, parsley, cheese, garlic, egg and some salt and pepper.
- Mix well. Cover the bowl and place in the refrigerator for 2 hours.
- Heat the olive oil in a large pot over medium heat.
- Add the garlic and onions and saute until softened, about 5 minutes.
- Add the capers, olives and tomato paste and saute for 2 to 3 minutes.
- Add the crushed tomatoes, fresh basil and salt and pepper to taste.
- Let simmer on low for 30 minutes.
- Remove the swordfish mixture from the refrigerator.
- Heat the olive oil in a large frying pan over medium heat. Form the mixture into balls a little smaller than a tennis ball. You should get about 12 balls.

- Place into the frying pan and fry to golden brown on each side, 3 to 4 minutes per side.
- Remove and add these balls to your gravy. Simmer for another 30 minutes.
- Serve the swordfish balls and gravy over your favorite pasta.

Nutrition Facts



Properties

Glycemic Index:31.08, Glycemic Load:18.59, Inflammation Score:-6, Nutrition Score:20.046086829642%

Flavonoids

Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 4.85mg, Kaempferol: 4.85mg, Kaempferol: 4.85mg, Kaempferol: 4.85mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 413.62kcal (20.68%), Fat: 13.87g (21.34%), Saturated Fat: 2.87g (17.96%), Carbohydrates: 53.42g (17.81%), Net Carbohydrates: 49.59g (18.03%), Sugar: 5.34g (5.93%), Cholesterol: 42.92mg (14.31%), Sodium: 382.68mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.84%), Selenium: 61.31µg (87.58%), Manganese: 0.77mg (38.42%), Vitamin D: 5.35µg (35.66%), Vitamin K: 34.91µg (33.25%), Phosphorus: 280.47mg (28.05%), Vitamin B3: 5.26mg (26.31%), Vitamin B6: 0.44mg (21.75%), Vitamin E: 3.07mg (20.5%), Copper: 0.35mg (17.72%), Magnesium: 63.39mg (15.85%), Potassium: 540.55mg (15.44%), Fiber: 3.83g (15.32%), Vitamin B1: 0.21mg (13.73%), Iron: 2.47mg (13.72%), Vitamin B12: 0.75µg (12.43%), Vitamin C: 9.28mg (11.24%), Calcium: 106.36mg (10.64%), Zinc: 1.54mg (10.28%), Vitamin B2: 0.16mg (9.42%), Vitamin A: 419.94IU (8.4%), Folate: 33.51µg (8.38%), Vitamin B5: 0.7mg (6.97%)