

food
network



HEALTH SCORE

70%

Swordfish Involtini: Involtini alla Siciliana



Dairy Free



Very Healthy

READY IN

**50 min.**

SERVINGS

**4**

CALORIES

**800 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup bread crumbs fresh



56 ounce tomatoes whole crushed peeled canned



0.5 medium carrots finely grated



0.3 cup currants



1 cup cooking wine dry white



4 servings fennel fronds for garnish



0.3 cup flat-leaf parsley fresh finely chopped for garnish



3 tablespoons thyme leaves dried fresh chopped

- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 tablespoons olive oil extra-virgin for garnish
- ☐ 0.5 cup gaeta olives whole
- ☐ 1 onion spanish
- ☐ 2 orange zest
- ☐ 1 leaves oregano torn fresh
- ☐ 2 tablespoons pinenuts
- ☐ 1 tablespoon pepper flakes red hot
- ☐ 4 servings salt
- ☐ 0.3 cup salt-packed capers rinsed drained
- ☐ 4 servings string
- ☐ 1.5 pound equal sizes of swordfish cut into 4 1/3-inch-thick slices by your fishmonger

Equipment

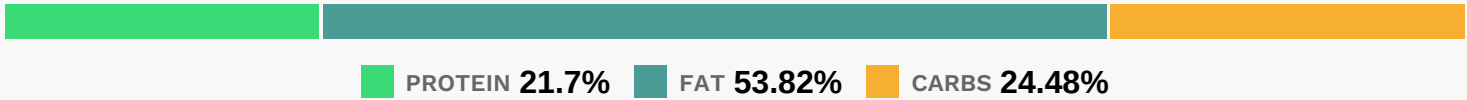
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ In a 12-inch ovenproof skillet, add 2 tablespoons of the olive oil, the olives, capers, red pepper flakes, pine nuts and currants. Stir in the tomatoes and wine. Bring to a boil over medium heat. Lower the heat to a simmer and cook for 1 to 2 minutes.
- ☐ Remove from the heat and set aside.

- ☐ In a small bowl, combine the bread crumbs, orange zest, parsley, the remaining 2 tablespoons of olive oil, and salt and pepper, and mix well.
- ☐ Season each piece of fish with salt and pepper and place flat on a work surface.
- ☐ Spread the breadcrumb mixture evenly across each of the fish pieces and carefully roll each like a jelly roll, securing each roll with string or with toothpicks.
- ☐ Place the rolls in the skillet with the sauce.
- ☐ Transfer the skillet to the oven and bake until cooked through, about 10 to 12 minutes.
- ☐ Place 1 roll on each of 4 warmed dinner plates, spoon some of the sauce over each, and garnish with chopped parsley, torn oregano, fennel fronds and olive oil.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.;

Nutrition Facts



Properties

Glycemic Index:87.21, Glycemic Load:4.35, Inflammation Score:-10, Nutrition Score:54.697391095369%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg Luteolin: 2.71mg, Luteolin: 2.71mg, Luteolin: 2.71mg, Luteolin: 2.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 800.14kcal (40.01%), Fat: 46.74g (71.9%), Saturated Fat: 7.48g (46.75%), Carbohydrates: 47.84g (15.95%), Net Carbohydrates: 37.54g (13.65%), Sugar: 20.31g (22.57%), Cholesterol: 112.26mg (37.42%), Sodium: 1572.85mg (68.38%), Alcohol: 6.18g (100%), Alcohol %: 0.96% (100%), Protein: 42.4g (84.8%), Vitamin D: 23.64µg (157.62%), Selenium: 103.14µg (147.34%), Vitamin K: 123.37µg (117.5%), Vitamin B3: 18.37mg (91.86%), Vitamin B6: 1.68mg (84.14%), Vitamin C: 69.2mg (83.88%), Vitamin E: 12.37mg (82.45%), Vitamin A: 3586.64IU (71.73%), Manganese: 1.37mg (68.71%), Phosphorus: 632.73mg (63.27%), Potassium: 1939.12mg (55.4%), Vitamin B12: 2.94µg (48.98%), Iron: 8.34mg (46.36%), Fiber: 10.3g (41.19%), Magnesium: 156.2mg (39.05%), Vitamin B1: 0.56mg (37.55%), Vitamin B2: 0.52mg (30.82%), Copper: 0.62mg (30.76%), Calcium: 261.78mg (26.18%), Folate: 89.52µg (22.38%), Zinc: 2.79mg (18.58%), Vitamin B5: 1.47mg (14.75%)