



Swordfish Siciliana



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon almonds sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons bottled garlic minced
- ☐ 1.5 tablespoons kalamata olives pitted chopped
- ☐ 2 tablespoons orange juice fresh
- ☐ 2 tablespoons raisins
- ☐ 1.5 tablespoons bottled roasted bell peppers red chopped
- ☐ 0.5 teaspoon salt

☐ 24 ounce swordfish steaks

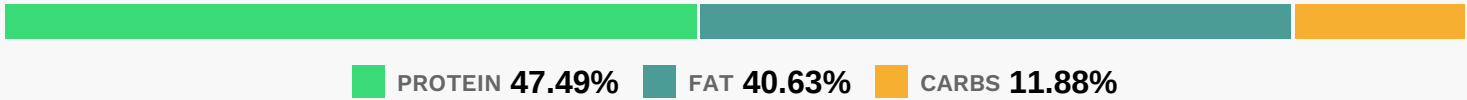
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle fish evenly with salt and black pepper.
- ☐ Add fish to pan; saut 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Remove fish from pan; cover and keep warm.
- ☐ Recoat pan with cooking spray; add nuts and garlic to pan. Saut for 30 seconds.
- ☐ Add 2 tablespoons raisins, orange juice, kalamata olives, and bell pepper to pan; cook 1 minute or until liquid evaporates.
- ☐ Serve with fish.

Nutrition Facts



Properties

Glycemic Index:45.7, Glycemic Load:3.9, Inflammation Score:-6, Nutrition Score:24.273478233296%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 295.14kcal (14.76%), Fat: 13.11g (20.17%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 7.51g (2.73%), Sugar: 0.87g (0.96%), Cholesterol: 112.26mg (37.42%), Sodium: 553.86mg (24.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.96%), Vitamin D: 23.64µg (157.62%), Selenium: 98.2µg (140.29%), Vitamin B3: 13.47mg (67.33%), Vitamin B6: 0.99mg (49.35%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 458.29mg (45.83%), Vitamin E: 4.2mg (27.99%), Potassium: 830.97mg (23.74%), Magnesium: 61.26mg (15.32%), Vitamin B1: 0.16mg (10.4%), Vitamin C: 8.01mg (9.71%), Manganese: 0.18mg (9.02%), Zinc: 1.26mg (8.42%), Vitamin B2: 0.14mg (8.23%), Copper: 0.14mg (7.02%), Vitamin B5: 0.65mg (6.48%), Iron: 1.08mg (5.99%), Vitamin A: 263.36IU (5.27%), Fiber: 1.12g (4.48%), Calcium: 27.91mg (2.79%), Folate: 8.37µg (2.09%)