



Swordfish with Cilantro-Lime Cream

READY IN



45 min.

SERVINGS



3

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons breadcrumbs italian-style
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons spring onion minced
- ☐ 2 tablespoons juice of lime
- ☐ 3 servings lime wedges
- ☐ 1 pound equal sizes of swordfish thick ()
- ☐ 3 tablespoons whipping cream

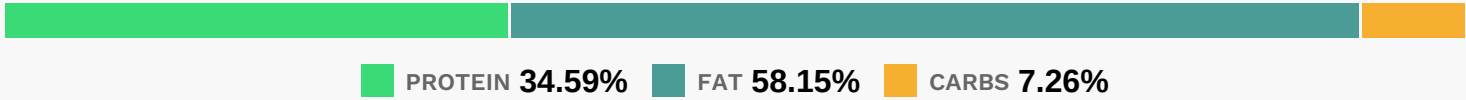
Equipment

☐ frying pan

Directions

- ☐ Rinse swordfish steaks and pat dry. Dust with bread crumbs.
- ☐ Melt butter in a 10- to 12-inch nonstick frying pan over medium-high heat; add swordfish and cook until browned on bottom, about 4 minutes. Turn fish over and cook until browned on other side and opaque but still moist in center (cut to test), 4 to 5 more minutes.
- ☐ Transfer fish to a warm platter; keep warm.
- ☐ Add onion to pan and stir just to wilt, about 30 seconds.
- ☐ Add cilantro, lime juice, and cream, stirring until it boils vigorously, 1 to 2 minutes. Divide fish among 3 dinner plates.
- ☐ Pour sauce equally over fish.
- ☐ Garnish each plate with a lime wedge and cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:23.175217395243%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 366.31kcal (18.32%), Fat: 23.35g (35.93%), Saturated Fat: 7.51g (46.96%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 6.08g (2.21%), Sugar: 1.13g (1.26%), Cholesterol: 116.74mg (38.91%), Sodium: 264.32mg (11.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.51%), Vitamin D: 21.26µg (141.71%), Selenium: 88.96µg (127.08%), Vitamin B3: 12.23mg (61.14%), Vitamin B12: 2.63µg (43.78%), Vitamin B6: 0.84mg (42.11%), Phosphorus: 410.59mg (41.06%), Vitamin E: 3.54mg (23.6%), Potassium: 688.39mg (19.67%), Vitamin A: 799.16IU (15.98%),

Vitamin B1: 0.19mg (12.47%), Magnesium: 49.77mg (12.44%), Vitamin K: 10.24µg (9.76%), Vitamin B2: 0.14mg (8.47%), Zinc: 1.16mg (7.71%), Vitamin B5: 0.63mg (6.31%), Iron: 0.99mg (5.5%), Vitamin C: 4.22mg (5.12%), Manganese: 0.09mg (4.37%), Copper: 0.08mg (4.24%), Calcium: 37.25mg (3.72%), Folate: 14.66µg (3.66%), Fiber: 0.48g (1.92%)