



 **25%**
HEALTH SCORE

Swordfish with Orange Caramel Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 equal sizes of swordfish
- 0.5 cup cup heavy whipping cream
- 1 cup panko bread crumbs
- 0.5 cup breadcrumbs
- 0.5 cup parmesan
- 4 servings salt and pepper
- 4 servings sage dry
- 1 cranberry-orange relish
- 4 tablespoon butter unsalted

4 servings sugar

Equipment

frying pan

Directions

- Pat dry the swordfish. In a plate mix together the panko, bread crumbs, parmesan cheese, dry sage and marjoram and the salt and pepper.
- Mix well.
- In another plate place the milk or cream.
- Dip the swordfish into the milk and let any excess drip away.
- Roll into the panko-parmesan mixture and press it against the swordfish to adhere.
- In a large skillet melt 2 tablespoons of butter. When melted add the swordfish and cook until nicely golden on each side and the fish is springy yet cooked.
- Remove the swordfish from the skillet and let it rest while preparing the sauce.
- Remove all the cooking butter from the skillet and place the skillet over medium high heat.
- Add the orange juice and reduce by half.
- Add the butter remaining, the sugar and reduce until a thick sauce is crated.
- Serve the sauce over the fish or alongside.
- If the sauce is too thick and too tangy; add a bit more sugar and swirl in another tablespoon of butter.

Nutrition Facts



PROTEIN 25.8% **FAT 51.63%** **CARBS 22.57%**

Properties

Glycemic Index:34.9, Glycemic Load:9.79, Inflammation Score:-8, Nutrition Score:31.111739130435%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Taste

Sweetness: 61.77%, Saltiness: 28.07%, Sourness: 20.33%, Bitterness: 10.51%, Savoriness: 5.9%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 669.56kcal (33.48%), Fat: 38.22g (58.8%), Saturated Fat: 19.16g (119.73%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 35.52g (12.92%), Sugar: 17.78g (19.76%), Cholesterol: 184.42mg (61.47%), Sodium: 750.05mg (32.61%), Protein: 42.97g (85.94%), Vitamin D: 24.38µg (162.52%), Selenium: 108.84µg (155.49%), Vitamin B3: 15.23mg (76.17%), Phosphorus: 592.49mg (59.25%), Vitamin B12: 3.21µg (53.52%), Vitamin B6: 1mg (49.97%), Vitamin B1: 0.44mg (29.55%), Vitamin E: 4.14mg (27.61%), Potassium: 869.31mg (24.84%), Calcium: 245.26mg (24.53%), Vitamin A: 1162.5IU (23.25%), Vitamin C: 17.6mg (21.34%), Vitamin B2: 0.32mg (18.97%), Magnesium: 72.77mg (18.19%), Manganese: 0.3mg (14.86%), Copper: 0.29mg (14.36%), Zinc: 1.99mg (13.26%), Iron: 2.2mg (12.24%), Folate: 46.21µg (11.55%), Vitamin B5: 0.98mg (9.82%), Fiber: 2.07g (8.29%), Vitamin K: 4.2µg (4%)