



Swordfish with Seaweed Salsa Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 anchovy packed in oil, drained, finely chopped
- ☐ 2 tablespoons capers drained chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 8 servings pepper freshly ground
- ☐ 1.5 teaspoon lemon zest finely grated
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 small shallots finely chopped

- ☐ 48 ounce equal sizes of swordfish
- ☐ 2 tablespoons vegetable oil
- ☐ 3 tablespoons frangelico dried (seaweed)
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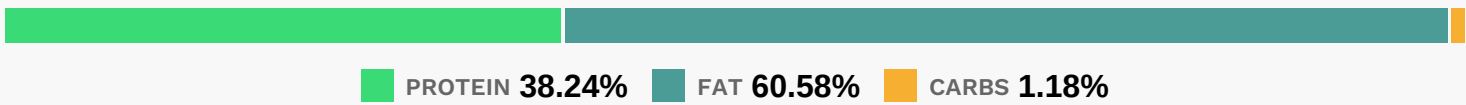
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Place hijiki in a small bowl, add boiling water to cover, and let sit 10 minutes.
- ☐ Drain. (You should have about 1/2 cup.)
- ☐ Combine hijiki, shallot, anchovy, parsley, olive oil, capers, lemon zest, and red pepper flakes in a medium bowl; season with salt and pepper. Set salsa verde aside.
- ☐ Prepare a grill for medium heat. Rub fish all over with vegetable oil; season with salt and pepper. Grill, turning occasionally, until firm to the touch and opaque throughout, 8–12 minutes.
- ☐ Serve fish with salsa verde.
- ☐ DO AHEAD: Salsa verde can be made 2 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:26.589130541553%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 360.05kcal (18%), Fat: 23.81g (36.63%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.31g (0.35%), Cholesterol: 112.56mg (37.52%), Sodium: 198.43mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.81g (67.62%), Vitamin D: 23.64µg (157.62%), Selenium: 97.92µg (139.88%), Vitamin K: 74.15µg (70.62%), Vitamin B3: 13.36mg (66.78%), Vitamin B12: 2.89µg (48.25%), Vitamin B6: 0.94mg (47.13%), Phosphorus: 439.45mg (43.94%), Vitamin E: 5.11mg (34.06%), Potassium: 749.39mg (21.41%), Magnesium: 53.14mg (13.28%), Vitamin A: 560.95IU (11.22%), Vitamin B1: 0.13mg (8.93%), Zinc: 1.2mg (7.99%), Vitamin C: 5.81mg (7.04%), Vitamin B5: 0.63mg (6.27%), Vitamin B2: 0.1mg (5.89%), Iron: 1.05mg (5.84%), Copper: 0.09mg (4.31%), Folate: 10.77µg (2.69%), Manganese: 0.05mg (2.53%), Calcium: 17.82mg (1.78%), Fiber: 0.4g (1.59%)