



Swordfish with Smoked Paprika



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 pound equal sizes of swordfish white firm
- ☐ 4 servings salt
- ☐ 2 garlic cloves sliced thin
- ☐ 0.3 cup pinenuts toasted
- ☐ 2 tablespoons white wine
- ☐ 4 roma diced seeded
- ☐ 0.3 cup parsley chopped

- ☐ 2 teaspoons paprika smoked spanish
- ☐ 4 servings bell pepper black

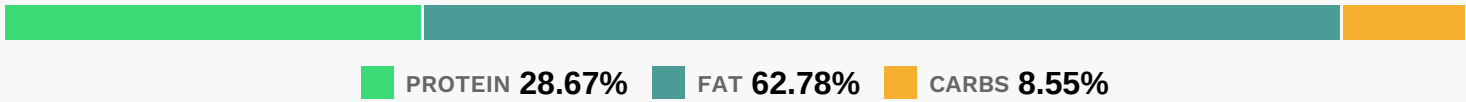
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Remove the skin from the swordfish and cut it into cubes. Salt the fish well and dust the cubes in flour.
- ☐ Sear swordfish chunks:
- ☐ Heat the olive oil in a sauté pan large enough to hold all the swordfish chunks in one layer. Sear them well on at least two sides. Give the first side 1–2 minutes, then sear other sides for 30 seconds to 1 minute each.
- ☐ When the swordfish is cooked, remove it to a bowl and reserve.
- ☐ Make the sauce:
- ☐ Add the garlic slices to the pan used to sauté the fish and sauté 30 seconds or so. The second the garlic begins to brown, add the tomatoes, parsley, white wine, pine nuts and paprika.
- ☐ Add fish to sauce: Toss to combine and cook 1 minute, then add the swordfish back to the pan, toss to combine and cook another 30 seconds or so.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:30.595217248668%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin:

0.03mg, Hesperetin: 0.03mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg
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: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol:
0.17mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.75mg, Quercetin:
0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 347.84kcal (17.39%), Fat: 24.23g (37.27%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 7.42g (2.47%),
Net Carbohydrates: 5.11g (1.86%), Sugar: 3.76g (4.18%), Cholesterol: 74.84mg (24.95%), Sodium: 295.6mg (12.85%),
Alcohol: 0.77g (100%), Alcohol %: 0.36% (100%), Protein: 24.9g (49.79%), Vitamin D: 15.76µg (105.08%), Selenium:
65.44µg (93.49%), Vitamin K: 83.22µg (79.26%), Vitamin B3: 10.07mg (50.35%), Manganese: 0.96mg (48.22%),
Vitamin A: 1972.24IU (39.44%), Vitamin B6: 0.77mg (38.48%), Phosphorus: 376.32mg (37.63%), Vitamin E: 5.58mg
(37.17%), Vitamin B12: 1.93µg (32.13%), Vitamin C: 22.38mg (27.13%), Potassium: 872.28mg (24.92%), Magnesium:
72.55mg (18.14%), Copper: 0.25mg (12.36%), Vitamin B1: 0.17mg (11.42%), Zinc: 1.61mg (10.76%), Iron: 1.79mg (9.94%),
Fiber: 2.32g (9.27%), Folate: 29.91µg (7.48%), Vitamin B2: 0.12mg (7.15%), Vitamin B5: 0.59mg (5.87%), Calcium:
30.84mg (3.08%)