



Swordfish with Strawberry Salsa

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 1.5 pounds equal sizes of swordfish thick
- 0.3 cup strawberries coarsely chopped
- 1 tablespoon cranberries dried
- 1 tablespoon red wine vinegar
- 2 teaspoons cilantro leaves fresh chopped
- 0.3 teaspoon lime zest grated
- 1 tablespoon spring onion finely chopped

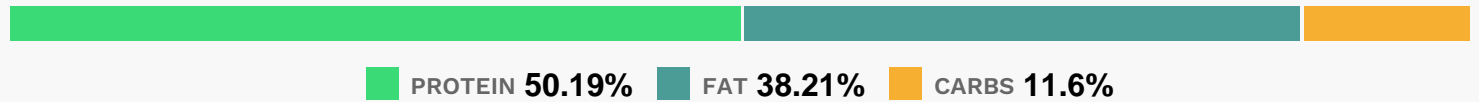
Equipment

grill

Directions

- Heat coals or gas grill for direct heat.
- Place vinegar in shallow nonmetal dish or resealable plastic food-storage bag.
- Add fish, turning to coat with vinegar. Make Strawberry Salsa.
- Drain fish; discard vinegar. Cover and grill fish 4 inches from medium heat 10 to 15 minutes, turning once, until fish flakes easily with fork.
- Remove fish to platter. Immediately top with salsa.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.41, Inflammation Score:-4, Nutrition Score:17.958695525708%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg, Pelargonidin: 1.99mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 186.85kcal (9.34%), Fat: 7.59g (11.68%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.87g (1.77%), Sugar: 4.35g (4.83%), Cholesterol: 74.84mg (24.95%), Sodium: 95.69mg (4.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.88%), Vitamin D: 15.76µg (105.08%), Selenium: 65.14µg (93.06%), Vitamin B3: 8.85mg (44.25%), Vitamin B12: 1.93µg (32.13%), Vitamin B6: 0.62mg (31.06%), Phosphorus: 294.58mg (29.46%), Vitamin E: 2.37mg (15.82%), Potassium: 507.33mg (14.5%), Magnesium: 36.04mg (9.01%), Vitamin C: 4.94mg (5.99%), Vitamin B1: 0.09mg (5.86%), Zinc: 0.78mg (5.19%), Vitamin B5: 0.41mg (4.13%), Vitamin B2: 0.06mg (3.73%), Manganese: 0.07mg (3.57%), Iron: 0.6mg (3.35%), Vitamin A: 149.3IU (2.99%), Copper: 0.05mg (2.73%), Vitamin K: 2.65µg (2.53%), Fiber: 0.32g (1.29%), Folate: 4.86µg (1.21%), Calcium: 11.92mg (1.19%)