



 **55%**  
HEALTH SCORE

## Swordfish with Tomatoes and Capers

 **Gluten Free**

READY IN



**57 min.**

SERVINGS



**4**

CALORIES



**598 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 teaspoon pepper black freshly ground
- 2 tablespoons capers drained
- 2 tablespoons chicken stock see
- 2 tablespoons cooking wine dry white good
- 1 cup fennel bulb chopped (1 bulb)
- 0.5 cup basil leaves fresh chopped
- 4 servings basil leaves fresh
- 1 teaspoon garlic minced

- 1 teaspoon kosher salt
- 3 tablespoons olive oil good
- 28 ounces plum tomatoes canned drained
- 2.5 pounds swordfish fillets 1-inch-thick ()
- 1 tablespoon butter unsalted
- 1 cup onion yellow chopped (1 onion)

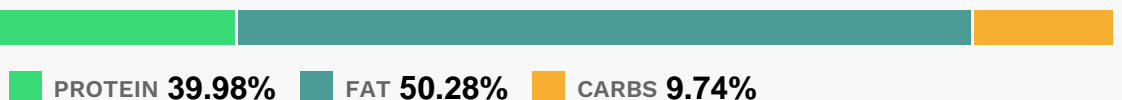
## Equipment

- frying pan
- grill

## Directions

- Watch how to make this recipe.
- For the sauce, cook the onions and fennel in the oil in a large saute pan on medium-low heat for 10 minutes, until the vegetables are soft.
- Add the garlic and cook for 30 seconds.
- Add the drained tomatoes, smashing them in the pan with a fork, plus the salt and pepper. Simmer on low heat for 15 minutes.
- Add the chicken stock and white wine and simmer for 10 more minutes to reduce the liquid.
- Add the basil, capers, and butter and cook for 1 minute more.
- Prepare a grill with hot coals.
- Brush the swordfish with olive oil, and sprinkle with salt and pepper. Grill on high heat for 5 minutes on each side until the center is no longer raw. Do not overcook.
- Place the sauce on the bottom of a plate, arrange the swordfish on top, and garnish with basil leaves.
- Serve hot or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:81.75, Glycemic Load:3.45, Inflammation Score:-10, Nutrition Score:42.865217664967%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

## Nutrients (% of daily need)

Calories: 597.59kcal (29.88%), Fat: 32.84g (50.53%), Saturated Fat: 7.92g (49.51%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 10.27g (3.73%), Sugar: 8g (8.89%), Cholesterol: 194.86mg (64.95%), Sodium: 956.69mg (41.6%), Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 58.75g (117.51%), Vitamin D: 39.46µg (263.06%), Selenium: 163.48µg (233.54%), Vitamin B3: 23.57mg (117.86%), Vitamin B6: 1.78mg (89.19%), Vitamin B12: 4.83µg (80.42%), Phosphorus: 802.17mg (80.22%), Vitamin E: 8.61mg (57.38%), Vitamin K: 58.75µg (55.95%), Potassium: 1842.38mg (52.64%), Vitamin A: 2382.28IU (47.65%), Vitamin C: 34.08mg (41.31%), Magnesium: 118.22mg (29.56%), Manganese: 0.48mg (24.09%), Vitamin B1: 0.31mg (20.94%), Fiber: 4.05g (16.22%), Zinc: 2.41mg (16.07%), Copper: 0.3mg (15.22%), Folate: 53.87µg (13.47%), Vitamin B2: 0.23mg (13.25%), Vitamin B5: 1.3mg (12.97%), Iron: 2.23mg (12.39%), Calcium: 69.55mg (6.96%)