

Swordfish with Smoked Paprika

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-swordfish-recipe>

Ingredients:

- 3 tablespoons olive oil
- 1 pound swordfish or other firm, white fish
- salt
- flour for dusting
- 2 garlic cloves sliced thin
- 1/4 cup pine nuts toasted
- 2 tablespoons white wine
- 4 tomatoes Roma or other paste, seeded and diced
- 1/4 cup chopped parsley
- 2 teaspoons Spanish smoked paprika
- black pepper

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 45 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 3 grams
8. Sodium: 310 milligrams
9. Sugar: 4 grams

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