

# Toro Toro Smoked Swordfish Dip

Richard Sandoval - Toro Toro Restaurant, Miami FL  
Palm Beach Post

## Yield: 2 pounds

1 1/4 pounds smoked swordfish (or trout)  
1/3 cup mayonnaise  
1/3 cup Japanese mayonnaise (such as Kenpie brand)  
1 tablespoon cilantro, roughly chopped  
1/4 cup red onion, minced  
1/4 cup capers, strained and finely chopped  
1/4 cup celery, minced  
2 tablespoons pickled red Fresno chiles (or pickled jalapenos), minced  
zest of one lemon  
salt to taste

Pick apart the swordfish with your hands to make pieces about the size of a nickel.

Place all of the ingredients in a bowl. Gently fold together with a spatula.

Serve with corn tortilla chips, crackers or raw vegetables.

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Per Serving (excluding unknown items): 549 Calories; 62g Fat (95.0% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 754mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 5 Fat; 1/2 Other Carbohydrates.

## Appetizers

### Per Serving Nutritional Analysis

Calories (kcal):	549	Vitamin B6 (mg):	.5mg
% Calories from Fat:	95.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	3.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	62g	Folacin (mcg):	22mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	16g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	30g	Alcohol (kcal):	0
Cholesterol (mg):	25mg	% Refuse:	0.0%

Carbohydrate (g): 5g  
 Dietary Fiber (g): 1g  
 Protein (g): 2g  
 Sodium (mg): 754mg  
 Potassium (mg): 264mg  
 Calcium (mg): 56mg  
 Iron (mg): 1mg  
 Zinc (mg): trace  
 Vitamin C (mg): 15mg  
 Vitamin A (i.u.): 592IU  
 Vitamin A (r.e.): 79 1/2RE

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 1  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 5  
 Other Carbohydrates: 1/2

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## Nutrition Facts

### Amount Per Serving

**Calories** 549 Calories from Fat: 522

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### % Daily Values\*

<b>Total Fat</b>	62g	95%
Saturated Fat	9g	43%
<b>Cholesterol</b>	25mg	8%
<b>Sodium</b>	754mg	31%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	6%
<b>Protein</b>	2g	
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<b>Vitamin A</b>		12%
<b>Vitamin C</b>		25%
<b>Calcium</b>		6%
<b>Iron</b>		7%

\* Percent Daily Values are based on a 2000 calorie diet.