

Swordfish Provencale

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 pounds swordfish steak, one-inch thick
salt (to taste)
pepper (to taste)
1/4 cup salad oil
1 medium onion, chopped
1/2 green pepper, chopped
4 tomatoes, peeled, seeded and chopped
6 - 8 medium mushrooms, sliced
1 clove garlic, minced
1/2 cup dry white wine
3 sprigs parsley
1/4 teaspoon dried thyme
1 tablespoon flour
2 tablespoons butter or margarine

Preheat the oven to 350 degrees.

Cut the swordfish into six portions. Season with salt and pepper, and brown quickly in sizzling oil in a heavy skillet.

Arrange the fish portions in a casserole. Add the onion, green pepper, tomatoes, mushrooms, garlic, wine, parsley and thyme. Add enough water just to cover the fish.

Bake, covered, for 30 minutes.

Drain the liquid from the casserole into a saucepan. Boil hard until reduced to one-half its volume.

In a bowl, knead the flour and butter together. Stir into the liquid in the saucepan, continuing to stir until the sauce is thickened and smooth.

Pour the sauce over the fish. Serve.

Per Serving (excluding unknown items): 390 Calories; 20g Fat (47.0% calories from fat); 35g Protein; 16g Carbohydrate; 4g Dietary Fiber; 69mg Cholesterol; 207mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 3 Vegetable; 2 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	390	Vitamin B6 (mg):	.7mg
% Calories from Fat:	47.0%	Vitamin B12 (mcg):	2.6mcg

% Calories from Carbohydrates:	16.5%
% Calories from Protein:	36.4%
Total Fat (g):	20g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	69mg
Carbohydrate (g):	16g
Dietary Fiber (g):	4g
Protein (g):	35g
Sodium (mg):	207mg
Potassium (mg):	1384mg
Calcium (mg):	68mg
Iron (mg):	6mg
Zinc (mg):	3mg
Vitamin C (mg):	72mg
Vitamin A (i.u.):	2460IU
Vitamin A (r.e.):	302RE

Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	98mcg
Niacin (mg):	22mg
Caffeine (mg):	0mg
Alcohol (kcal):	13
% Refined:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 390	Calories from Fat: 183
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% Daily Values*

Total Fat 20g	31%
Saturated Fat 5g	26%
Cholesterol 69mg	23%
Sodium 207mg	9%
Total Carbohydrates 16g	5%
Dietary Fiber 4g	17%
Protein 35g	
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Vitamin A	49%
Vitamin C	121%
Calcium	7%
Iron	31%

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