



Aromatic Swordfish Steaks

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon jamaican jerk seasoning (such as Spice Islands)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup yogurt plain

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24 ounce swordfish steaks (3/)

Equipment

☐

bowl

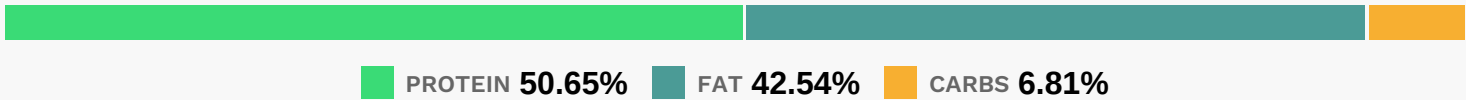
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grill

Directions

- ☐ Combine the first 8 ingredients in a large bowl.
- ☐ Add fish, turning to coat. Cover and refrigerate for 1 hour, turning the bag occasionally.
- ☐ Prepare grill.
- ☐ Place fish on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:25.748695539392%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 286.65kcal (14.33%), Fat: 13.3g (20.46%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.46g (2.73%), Cholesterol: 118.24mg (39.41%), Sodium: 201.33mg (8.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.26%), Vitamin D: 23.69µg (157.93%), Selenium: 99.51µg (142.16%), Vitamin B3: 13.58mg (67.92%), Vitamin B12: 3.06µg (51.03%), Vitamin B6: 1.01mg (50.45%), Phosphorus: 491.37mg (49.14%), Vitamin E: 4.45mg (29.67%), Potassium: 857.09mg (24.49%), Vitamin A: 998.23IU (19.96%), Magnesium: 61.88mg (15.47%), Vitamin B2: 0.18mg (10.75%), Manganese: 0.21mg (10.72%), Zinc: 1.56mg (10.42%), Vitamin B1: 0.15mg (10.31%), Iron: 1.55mg (8.61%), Vitamin B5: 0.81mg (8.09%), Calcium: 80.6mg (8.06%), Copper: 0.11mg (5.32%), Fiber: 1.17g (4.68%), Vitamin K: 3.01µg (2.87%), Vitamin C: 1.76mg (2.13%), Folate: 8.52µg (2.13%)