



Baked Mango-Ginger Swordfish



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking sherry dry
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup mango chutney
- ☐ 2 pounds swordfish steaks

Equipment

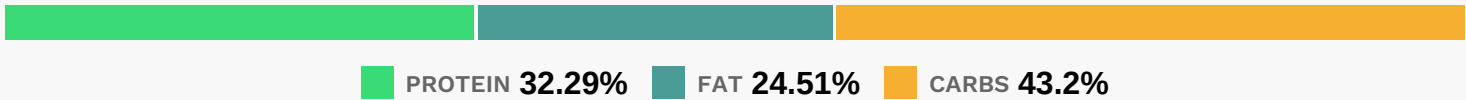
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Place swordfish steaks in a large, shallow bowl. In a small bowl, mix lemon juice, dry sherry, ginger and mango chutney.
- ☐ Pour the mixture over swordfish steaks, turning steaks to coat. Cover, and marinate in the refrigerator 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place swordfish steaks in a medium baking dish. Cover with marinade.
- ☐ Bake in the preheated oven 20 to 30 minutes, basting occasionally with marinade, until fish is easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:31.85, Inflammation Score:-6, Nutrition Score:28.253913333882%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 590.54kcal (29.53%), Fat: 15.17g (23.34%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 60.17g (20.06%), Net Carbohydrates: 59.18g (21.52%), Sugar: 41.73g (46.37%), Cholesterol: 149.69mg (49.9%), Sodium: 212.71mg (9.25%), Alcohol: 3.09g (100%), Alcohol %: 1.12% (100%), Protein: 44.98g (89.96%), Vitamin D: 31.52µg (210.16%), Selenium: 131.93µg (188.47%), Vitamin B3: 17.68mg (88.41%), Vitamin B12: 3.86µg (64.26%), Vitamin B6: 1.27mg (63.49%), Phosphorus: 601.08mg (60.11%), Vitamin E: 4.7mg (31.33%), Potassium: 1049.75mg (29.99%), Magnesium: 73.37mg (18.34%), Vitamin C: 10.47mg (12.69%), Vitamin B1: 0.19mg (12.5%), Vitamin B2: 0.19mg (11.24%), Zinc: 1.59mg (10.62%), Copper: 0.18mg (8.99%), Vitamin B5: 0.84mg (8.38%), Iron: 1.38mg (7.64%), Vitamin A: 272.61IU (5.45%), Manganese: 0.1mg (4.95%), Folate: 15.88µg (3.97%), Fiber: 0.99g (3.97%), Calcium: 31.77mg (3.18%)