



Basil-Coated Grilled Sturgeon with Eggplant



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garnish: basil sprigs fresh
- ☐ 1 teaspoon coarse salt divided
- ☐ 4 servings dried-tomato tapenade
- ☐ 1 medium eggplant unpeeled
- ☐ 2 cups basil leaves fresh loosely packed chopped
- ☐ 6 tablespoons olive oil divided
- ☐ 0.8 teaspoon pepper divided freshly ground
- ☐ 1 tablespoon sherry vinegar

- ☐ 1 large onion sweet halved cut into 1/4-inch slices
- ☐ 1.5 pounds swordfish steaks ()

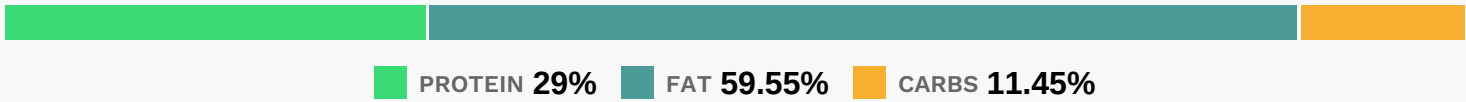
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat 2 tablespoons olive oil in a large skillet over medium heat; add onion. Cover and cook 5 minutes. Uncover and saut 10 minutes or until onion is lightly browned. Stir in 1/4 teaspoon salt and vinegar. Set aside, and keep warm.
- ☐ Stir together 2 tablespoons olive oil, basil, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Spread mixture on both sides of fish.
- ☐ Brush eggplant with remaining olive oil; sprinkle with remaining 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Grill fish and eggplant, covered with grill lid, over high heat (400 to 50
- ☐ to 4 minutes on each side or until fish flakes with a fork and eggplant slices are done.
- ☐ Cut steaks in half.
- ☐ Serve with eggplant, onion, and Dried-Tomato Tapenade.
- ☐ Garnish with fresh basil sprigs.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:1.27, Inflammation Score:-9, Nutrition Score:33.400000199028%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg,

Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg, Quercetin: 12.06mg

Nutrients (% of daily need)

Calories: 493.14kcal (24.66%), Fat: 32.72g (50.33%), Saturated Fat: 5.68g (35.48%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 9.54g (3.47%), Sugar: 8.62g (9.57%), Cholesterol: 112.26mg (37.42%), Sodium: 730.48mg (31.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.85g (71.7%), Vitamin D: 23.64µg (157.62%), Selenium: 98.51µg (140.73%), Vitamin K: 76.21µg (72.58%), Vitamin B3: 14.27mg (71.37%), Vitamin B6: 1.15mg (57.67%), Phosphorus: 495.86mg (49.59%), Vitamin B12: 2.89µg (48.19%), Vitamin E: 6.94mg (46.24%), Potassium: 1154.06mg (32.97%), Manganese: 0.58mg (28.87%), Magnesium: 84.51mg (21.13%), Vitamin A: 980.57IU (19.61%), Fiber: 4.62g (18.49%), Folate: 57.89µg (14.47%), Vitamin B1: 0.22mg (14.44%), Copper: 0.28mg (13.97%), Vitamin C: 9.42mg (11.42%), Vitamin B5: 1.05mg (10.54%), Zinc: 1.55mg (10.36%), Iron: 1.84mg (10.2%), Vitamin B2: 0.17mg (9.72%), Calcium: 63.7mg (6.37%)