



 **51%**  
HEALTH SCORE

## Butterfly Swordfish

 **Gluten Free**  **Low Fod Map**

READY IN



**60 min.**

SERVINGS



**4**

CALORIES



**1037 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 1 tablespoon cooking wine dry white
- 1 tablespoon lemon-pepper seasoning
- 0.1 teaspoon paprika
- 1 tablespoon freshly parsley leaves chopped
- 16 servings swordfish steaks frozen thawed (1/)

### Equipment

- bowl

paper towels

grill

## Directions

Rinse the swordfish with water and pat dry with paper towels.

Sprinkle each steak lightly with paprika on both sides. Then sprinkle each side of steaks with lemon pepper seasoning.

Let steaks sit for 20 minutes before grilling on barbeque.

Combine the white wine, butter and parsley in a small bowl. Lightly baste each steak with the wine mixture. Cook swordfish for about 5 to 10 minutes on each side over hot coals or on the gas grill. They should be tender when tested with a fork. Allow fish to rest for 10 minutes before serving.

## Nutrition Facts

  
■ PROTEIN **53.63%** ■ FAT **45.91%** ■ CARBS **0.46%**

## Properties

Glycemic Index:36, Glycemic Load:0.21, Inflammation Score:-9, Nutrition Score:44.878260773161%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

## Nutrients (% of daily need)

Calories: 1036.77kcal (51.84%), Fat: 50.96g (78.4%), Saturated Fat: 14.52g (90.72%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.06g (0.07%), Cholesterol: 463.85mg (154.62%), Sodium: 596.9mg (25.95%), Alcohol: 0.39g (100%), Alcohol %: 0.07% (100%), Protein: 133.94g (267.89%), Vitamin D: 94.52µg (630.13%), Selenium: 390.47µg (557.82%), Vitamin B3: 52.81mg (264.06%), Vitamin B12: 11.57µg (192.87%), Vitamin B6: 3.7mg (185.05%), Phosphorus: 1739.5mg (173.95%), Vitamin E: 13.94mg (92.93%), Potassium: 2873.64mg (82.1%), Magnesium: 200.89mg (50.22%), Vitamin B1: 0.51mg (34.21%), Zinc: 4.53mg (30.2%), Vitamin B5: 2.42mg (24.16%), Vitamin A: 1114.16IU (22.28%), Vitamin B2: 0.37mg (21.63%), Vitamin K: 20.09µg (19.13%), Iron: 2.82mg (15.65%), Copper: 0.29mg (14.36%), Manganese: 0.27mg (13.65%), Calcium: 44.19mg (4.42%), Folate: 15.65µg

(3.91%), Fiber: 0.43g (1.74%), Vitamin C: 1.33mg (1.61%)