



Cajun-Style Swordfish



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons blackening seasoning divided
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon relish sweet
- ☐ 24 ounce swordfish fillets ()

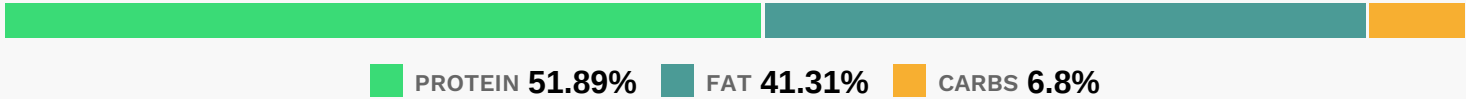
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Coat both sides of fish with cooking spray; sprinkle evenly with 1 1/4 teaspoons blackening seasoning.
- ☐ Place fish on broiler pan coated with cooking spray. Broil 6 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Combine mayonnaise, 1/4 teaspoon seasoning, relish, and lemon juice, stirring well.
- ☐ Serve fish immediately with mayonnaise mixture and, if desired, lemon wedges.
- ☐ carbo rating: 4

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:22.326956647894%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 266.26kcal (13.31%), Fat: 11.85g (18.23%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.98g (1.45%), Sugar: 3.11g (3.45%), Cholesterol: 114mg (38%), Sodium: 519.69mg (22.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.5g (67%), Vitamin D: 23.64µg (157.62%), Selenium: 97.69µg (139.56%), Vitamin B3: 13.21mg (66.05%), Vitamin B12: 2.89µg (48.19%), Vitamin B6: 0.92mg (46.24%), Phosphorus: 435.34mg (43.53%), Vitamin E: 3.47mg (23.12%), Potassium: 722.66mg (20.65%), Magnesium: 49.98mg (12.49%), Vitamin B1: 0.13mg (8.52%), Vitamin K: 8.07µg (7.68%), Zinc: 1.14mg (7.59%), Vitamin B5: 0.6mg (5.97%), Vitamin B2: 0.09mg (5.55%), Vitamin A: 249.87IU (5%), Iron: 0.7mg (3.91%), Copper: 0.07mg (3.68%), Fiber: 0.41g (1.64%), Manganese: 0.02mg (1.18%)