



Charmoula-Marinated Swordfish Steaks

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons olive oil extravirgin
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.3 teaspoon ground ginger
- 3 tablespoons juice of lemon fresh

- 6 lemon wedges
- 1 teaspoon paprika
- 0.8 teaspoon salt
- 36 ounce swordfish steaks thick ()

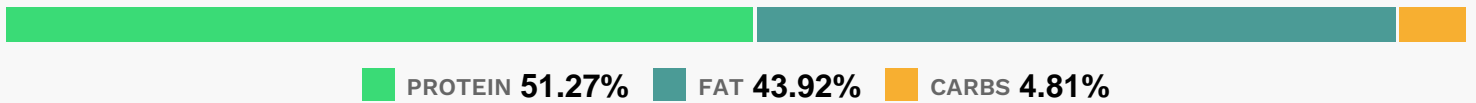
Equipment

- grill
- ziploc bags

Directions

- Combine first 8 ingredients in a large zip-top plastic bag.
- Add fish to bag; seal and marinate in refrigerator 1 hour, turning occasionally.
- Prepare grill.
- Remove fish from bag; discard marinade.
- Sprinkle fish with salt and pepper.
- Place fish on a grill rack coated with cooking spray; grill 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:23.976521476455%

Flavonoids

Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg, Eriodictyol: 4.21mg Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 268.96kcal (13.45%), Fat: 12.91g (19.86%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.7g (0.78%), Cholesterol: 112.26mg (37.42%), Sodium: 430.45mg (18.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.82%), Vitamin D: 23.64µg (157.62%), Selenium: 98.04µg (140.06%), Vitamin B3: 13.31mg (66.53%), Vitamin B6: 0.96mg (48.23%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 443.53mg (44.35%), Vitamin E: 3.8mg (25.32%), Potassium: 772.28mg (22.07%), Vitamin C: 13.09mg (15.87%), Magnesium: 54.94mg (13.74%), Vitamin B1: 0.14mg (9.55%), Vitamin A: 437.49IU (8.75%), Zinc: 1.2mg (8.03%), Vitamin B5: 0.66mg (6.6%), Iron: 1.17mg (6.52%), Vitamin B2: 0.1mg (6.11%), Manganese: 0.11mg (5.37%), Copper: 0.09mg (4.47%), Vitamin K: 4.17µg (3.97%), Fiber: 0.9g (3.58%), Calcium: 22.93mg (2.29%), Folate: 7.68µg (1.92%)