



Cheese-Stuffed Swordfish

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon capers minced drained
- ☐ 2 tablespoons breadcrumbs dry fine
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 2 ounces part-skim mozzarella cheese cut into 4 equal slices
- ☐ 1 pound swordfish fillet thick (2 inches)

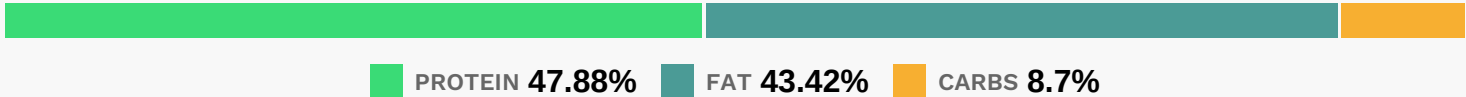
Equipment

☐ grill

Directions

- ☐ Combine first 6 ingredients; mix well. Set aside.
- ☐ Prepare grill.
- ☐ Cut swordfish fillet into 4 equal pieces; cut a pocket in each piece, cutting to, but not through, remaining 3 sides.
- ☐ Place cheese slices in fish pockets; secure openings with wooden picks. Coat fillets with cooking spray; dredge in crumb mixture.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place fish on rack; grill, covered, 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:21.089565220086%

Flavonoids

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: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 237.4kcal (11.87%), Fat: 11.15g (17.15%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.62g (1.68%), Sugar: 0.5g (0.55%), Cholesterol: 87.18mg (29.06%), Sodium: 337.94mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.66g (55.32%), Vitamin D: 15.82µg (105.49%), Selenium: 69.85µg (99.78%), Vitamin B3: 9.18mg (45.92%), Phosphorus: 389.14mg (38.91%), Vitamin B12: 2.11µg (35.2%), Vitamin B6: 0.65mg (32.31%), Vitamin K: 18.05µg (17.19%), Calcium: 163.46mg (16.35%), Vitamin E: 2.36mg (15.75%),

Potassium: 515.28mg (14.72%), Magnesium: 41.38mg (10.35%), Zinc: 1.4mg (9.36%), Vitamin B1: 0.14mg (9.33%), Vitamin B2: 0.14mg (8.3%), Vitamin A: 325.13IU (6.5%), Manganese: 0.11mg (5.53%), Iron: 0.85mg (4.74%), Vitamin B5: 0.46mg (4.6%), Copper: 0.08mg (3.83%), Folate: 11.16µg (2.79%), Vitamin C: 1.65mg (2%), Fiber: 0.4g (1.6%)