



## E-Z Marinated Swordfish



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 pinch cayenne pepper
- ☐ 0.3 teaspoon basil dried
- ☐ 0.1 teaspoon parsley dried
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon ground ginger
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 teaspoon pepper sauce hot

- ☐ 1 teaspoon salt
- ☐ 2 fillet equal sizes of swordfish fresh
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

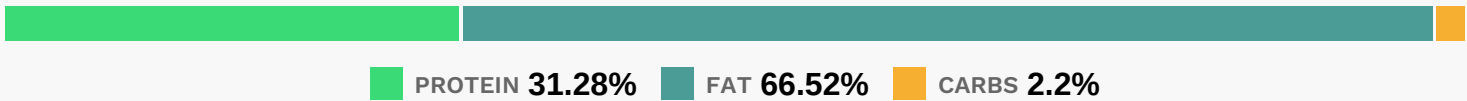
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ broiler

## Directions

- ☐ In a medium bowl, stir together the lime juice, white wine vinegar, salt, pepper, ginger, basil, thyme, parsley, hot pepper sauce, cayenne pepper, and oil.
- ☐ Place the fish fillets into the bowl, cover, and marinate for at least 10 minutes, or preferably up to 3 hours.
- ☐ Preheat broiler or an outdoor grill for high heat.
- ☐ Place fish onto the grill or a broiling pan. Discard marinade. Grill or broil fish about five minutes each side, until the fish flakes easily with a fork.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:25.22434748774%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 435.62kcal (21.78%), Fat: 31.76g (48.86%), Saturated Fat: 5.85g (36.57%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.42g (0.47%), Cholesterol: 112.2mg (37.4%), Sodium: 1355.21mg (58.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.61g (67.22%), Vitamin D: 23.63µg (157.53%), Selenium: 97.76µg (139.66%), Vitamin B3: 13.27mg (66.34%), Vitamin B12: 2.89µg (48.17%), Vitamin B6: 0.94mg (47%), Phosphorus: 439.33mg (43.93%), Vitamin K: 41.42µg (39.44%), Vitamin E: 5.19mg (34.6%), Potassium: 755.83mg (21.6%), Magnesium: 53.71mg (13.43%), Vitamin C: 8.4mg (10.18%), Vitamin B1: 0.13mg (8.98%), Zinc: 1.17mg (7.83%), Manganese: 0.15mg (7.58%), Vitamin B5: 0.63mg (6.29%), Vitamin B2: 0.1mg (5.77%), Iron: 1.01mg (5.63%), Vitamin A: 243.48IU (4.87%), Copper: 0.08mg (4.08%), Calcium: 18.4mg (1.84%), Folate: 6.45µg (1.61%)