



Grilled Arugula-Stuffed Swordfish Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula trimmed
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 0.3 cup juice of lime fresh

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce swordfish steaks thick ()

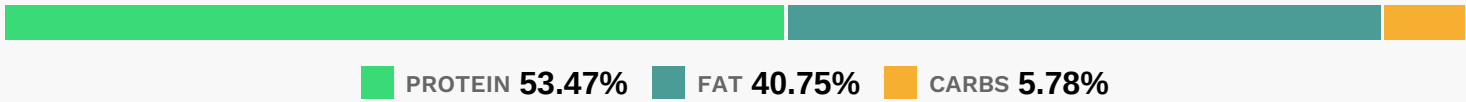
Equipment

- ☐ grill

Directions

- ☐ Cut a horizontal slit through one side of each steak to form a deep pocket; set aside.
- ☐ Combine wine and next 7 ingredients (wine through garlic) in a large shallow dish; stir well.
- ☐ Add steaks, turning to coat. Cover and marinate in refrigerator 30 minutes.
- ☐ Remove steaks from marinade, reserving marinade.
- ☐ Sprinkle salt into pockets of steaks; set aside.
- ☐ Add arugula to marinade; toss well.
- ☐ Remove arugula from marinade; discard marinade. Stuff about 3/4 cup arugula into each pocket; secure each pocket with a wooden pick.
- ☐ Prepare grill.
- ☐ Place swordfish steaks on grill rack coated with cooking spray, and grill 5 minutes on each side or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:26.112173660942%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg, Hesperetin: 1.42mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg

0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 282.43kcal (14.12%), Fat: 12.06g (18.55%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.92g (1.03%), Cholesterol: 112.26mg (37.42%), Sodium: 877.32mg (38.14%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 35.61g (71.22%), Vitamin D: 23.64µg (157.62%), Selenium: 98.35µg (140.5%), Vitamin B3: 13.5mg (67.49%), Vitamin B6: 0.99mg (49.43%), Vitamin B12: 2.89µg (48.19%), Phosphorus: 478.48mg (47.85%), Potassium: 879.56mg (25.13%), Vitamin E: 3.64mg (24.24%), Vitamin K: 22.63µg (21.55%), Magnesium: 73.87mg (18.47%), Vitamin A: 688.6IU (13.77%), Manganese: 0.22mg (11.1%), Vitamin B1: 0.15mg (10.1%), Vitamin C: 7.8mg (9.46%), Zinc: 1.39mg (9.3%), Vitamin B2: 0.15mg (8.96%), Folate: 31.68µg (7.92%), Vitamin B5: 0.77mg (7.72%), Iron: 1.27mg (7.05%), Calcium: 52.18mg (5.22%), Copper: 0.1mg (5.09%), Fiber: 0.63g (2.54%)