



Grilled Rosemary Swordfish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon rosemary fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce swordfish steaks ()

Equipment

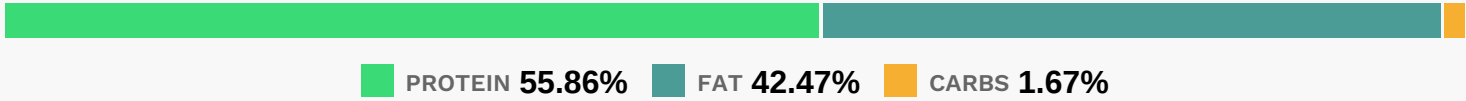
- ☐ baking pan

☐ grill

Directions

- ☐ Arrange steaks in a large baking dish.
- ☐ Combine minced rosemary, lemon rind, and garlic; press evenly onto one side of each steak. Cover and marinate in refrigerator 1 hour.
- ☐ Prepare grill.
- ☐ Coat grill rack with cooking spray; place rack on grill over medium-hot coals (350 to 400).
- ☐ Place steaks on rack.
- ☐ Combine lemon juice and pepper, and brush over steaks. Grill, uncovered, 6 minutes on each side or until done, basting frequently with lemon juice mixture.
- ☐ Garnish with lemon wedges and rosemary sprigs, if desired.
- ☐ Note: We're told by health experts to eat fish often--it's good for our hearts. But some types of predatory fish, such as swordfish and shark, should be eaten only once a week since these fish absorb and store mercury and other contaminants from the water in which they live.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:17.44434807482%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 165.82kcal (8.29%), Fat: 7.56g (11.63%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.12g (0.14%), Cholesterol: 74.84mg (24.95%), Sodium: 92.08mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.75%), Vitamin D: 15.76µg (105.08%), Selenium: 65.21µg (93.16%), Vitamin B3: 8.81mg (44.06%), Vitamin B12: 1.93µg (32.13%), Vitamin B6: 0.63mg (31.4%), Phosphorus: 290.89mg (29.09%), Vitamin E: 2.3mg (15.33%), Potassium: 483.5mg (13.81%), Magnesium: 33.61mg

(8.4%), Vitamin B1: 0.09mg (5.86%), Zinc: 0.76mg (5.08%), Vitamin B5: 0.41mg (4.1%), Vitamin B2: 0.06mg (3.66%), Vitamin C: 2.34mg (2.83%), Vitamin A: 138.04IU (2.76%), Iron: 0.46mg (2.58%), Copper: 0.05mg (2.46%), Manganese: 0.04mg (2.08%)