



## Grilled Swordfish with Mustard-Dillweed Dressing

 Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons dijon mustard
- 2 tablespoons dillweed dried fresh chopped
- 0.3 cup yogurt plain low-fat
- 2 tablespoons nonfat mayonnaise
- 0.1 teaspoon salt
- 16 ounce swordfish steaks

### Equipment

bowl

grill

## Directions

- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place fish on rack; grill, covered, 7 minutes on each side or until fish flakes easily when tested with a fork.
- While fish cooks, combine yogurt and next 4 ingredients in a small bowl.
- Serve mustard-dillweed dressing with fish.
- Garnish with dillweed sprigs, if desired.

## Nutrition Facts

**PROTEIN 52.03%** **FAT 40.34%** **CARBS 7.63%**

## Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:19.106956746267%

## Nutrients (% of daily need)

Calories: 187.36kcal (9.37%), Fat: 8.2g (12.61%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.19g (2.44%), Cholesterol: 76.7mg (25.57%), Sodium: 264.6mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.57%), Vitamin D: 15.76µg (105.08%), Selenium: 66.64µg (95.19%), Vitamin B3: 8.88mg (44.4%), Vitamin B12: 2.04µg (34.04%), Phosphorus: 329.76mg (32.98%), Vitamin B6: 0.65mg (32.66%), Potassium: 578.59mg (16.53%), Vitamin E: 2.31mg (15.39%), Magnesium: 44.46mg (11.12%), Calcium: 71.83mg (7.18%), Vitamin B1: 0.1mg (7%), Iron: 1.23mg (6.82%), Zinc: 1mg (6.66%), Vitamin B2: 0.11mg (6.51%), Vitamin B5: 0.53mg (5.25%), Vitamin A: 236.02IU (4.72%), Manganese: 0.08mg (4.23%), Copper: 0.06mg (2.88%), Vitamin K: 1.92µg (1.83%), Fiber: 0.44g (1.78%), Folate: 4.69µg (1.17%), Vitamin C: 0.92mg (1.12%)