



Grilled Swordfish With Olive-Basil Relish



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings olive oil extra virgin
- ☐ 0.5 teaspoon mccormick gourmet collection ground pepper white
- ☐ 3.5 oz success grain brown rice whole
- ☐ 0.5 cup baby greens mixed
- ☐ 4 servings olive-basil relish
- ☐ 0.5 teaspoon salt
- ☐ 24 oz swordfish steaks 1-inch-thick

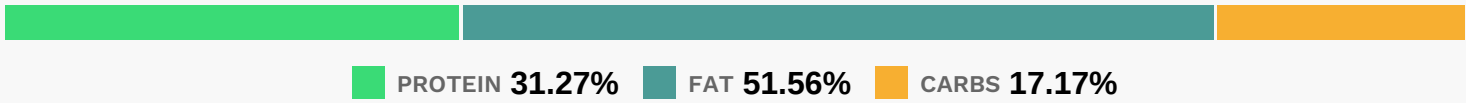
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high).
- ☐ Brush swordfish evenly with olive oil, and sprinkle with 1/2 tsp. salt and white pepper.
- ☐ Grill swordfish, covered with grill lid, over 350 to 400 (medium-high) heat 4 to 5 minutes on each side or to desired degree of doneness. Keep warm.
- ☐ Prepare rice according to package directions.
- ☐ Place rice in a medium skillet, and stir in 2/3 cup Olive-Basil Relish. Cook over medium heat 1 minute or until thoroughly heated.
- ☐ Divide rice mixture between 4 plates; top each with 1 swordfish steak. Spoon remaining Olive-Basil Relish over swordfish and rice mixture. Top evenly with mixed baby greens.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:28.296521762143%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 462.37kcal (23.12%), Fat: 26.06g (40.09%), Saturated Fat: 4.81g (30.04%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 18.57g (6.75%), Sugar: 0.22g (0.24%), Cholesterol: 112.26mg (37.42%), Sodium: 431.91mg (18.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.12%), Vitamin D: 23.64µg (157.62%), Selenium: 103.48µg (147.83%), Vitamin B3: 14.51mg (72.55%), Vitamin B6: 1.06mg (52.89%), Phosphorus: 519.82mg (51.98%), Manganese: 1.01mg (50.51%), Vitamin B12: 2.89µg (48.19%), Vitamin E: 5.77mg (38.45%), Potassium: 784.35mg (22.41%), Magnesium: 87.07mg (21.77%), Vitamin K: 17.78µg (16.93%), Vitamin B1: 0.23mg (15.3%), Zinc: 1.65mg (11.03%), Vitamin B5: 0.98mg (9.79%), Copper: 0.15mg (7.44%), Vitamin A: 367.78IU (7.36%), Vitamin B2: 0.12mg (6.92%), Iron: 1.21mg (6.73%), Fiber: 0.96g (3.85%), Folate: 11.62µg (2.9%), Calcium: 19.83mg (1.98%), Vitamin C: 1.52mg (1.84%)