



Grilled Swordfish with Preserved Lemon Gremolata

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Handful basil leaves fresh
- 1 bay leaf
- 0.5 cup flat-leaf parsley leaves fresh
- 1 tablespoon parsley fresh chopped
- 1 clove garlic minced
- 2 cloves garlic minced peeled
- 0.5 juice of lemon

- 3 tablespoons kalamata olives minced pitted
- 4 servings kosher salt and pepper black freshly ground
- 4 servings juice of lemon freshly squeezed to cover
- 4 meyer lemons halved
- 0.3 cup olive oil extra-virgin
- 0.5 cup olive oil extra-virgin
- 1 tablespoons oregano fresh chopped
- 1 tablespoon oregano leaves fresh
- 0.5 teaspoon paprika
- 3 tablespoons recipe below minced store-bought
- 0.3 cup salt
- 20 ounce swordfish steaks
- 1 small onion white minced

Equipment

- food processor
- bowl
- whisk
- grill
- canning jar

Directions

- For the swordfish: Preheat a grill to medium-high heat.
- Add the onion, garlic, parsley, oregano, lemon zest and juice and paprika to a bowl. Season with salt and pepper and whisk in the oil.
- Add to a resealable bag along with the swordfish steaks and allow to marinate for 20 minutes at room temperature.
- Combine the oil, parsley, Preserved Lemon, olives, oregano, basil and garlic in a food processor with and process until smooth.

- Grill the swordfish steaks until just cooked through, 3 to 5 minutes per side. To serve, spoon the gremolata over the warm fish.
- Rub the lemons with the salt in a bowl.
- Combine the lemons, salt and bay leaf in a mason or canning jar and press the lemons to release their juice. Top with water to cover. Seal and age in the refrigerator for at least 3 days and up to 2 weeks.

Nutrition Facts

PROTEIN 28.32%

FAT 64.99%

CARBS 6.69%

Properties

Glycemic Index:75.88, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:30.140000053074%

Flavonoids

Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg Hesperetin: 2.99mg, Hesperetin: 2.99mg, Hesperetin: 2.99mg, Hesperetin: 2.99mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 18.35mg, Apigenin: 18.35mg, Apigenin: 18.35mg, Apigenin: 18.35mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 408.71kcal (20.44%), Fat: 29.57g (45.49%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 4.39g (1.6%), Sugar: 1.85g (2.06%), Cholesterol: 93.55mg (31.18%), Sodium: 9646.8mg (419.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.99g (57.99%), Vitamin K: 169.09µg (161.04%), Vitamin D: 19.7µg (131.35%), Selenium: 82.02µg (117.16%), Vitamin B3: 11.33mg (56.63%), Vitamin B6: 0.87mg (43.52%), Vitamin E: 6.45mg (42.98%), Vitamin B12: 2.41µg (40.16%), Phosphorus: 381.76mg (38.18%), Vitamin C: 21.25mg (25.76%), Vitamin A: 1105.74IU (22.11%), Potassium: 739.65mg (21.13%), Magnesium: 57.49mg (14.37%), Manganese: 0.27mg (13.28%), Iron: 2.39mg (13.26%), Fiber: 2.62g (10.47%), Vitamin B1: 0.14mg (9.19%), Zinc: 1.2mg (8.02%), Calcium: 79.48mg (7.95%), Folate: 29.64µg (7.41%), Vitamin B2: 0.11mg (6.53%), Vitamin B5: 0.62mg (6.25%), Copper: 0.12mg (6.02%)