



## Grilled Swordfish with Rosemary

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons rosemary fresh divided chopped
- ☐ 5 garlic cloves minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon pepper
- ☐ 4 servings garnish: rosemary fresh
- ☐ 0.3 teaspoon salt

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16 ounce swordfish steaks

## Equipment

☐

baking pan

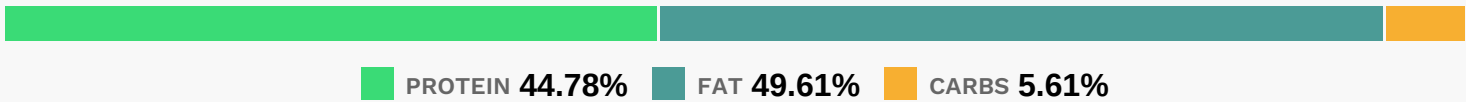
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grill

## Directions

- ☐
- Combine wine, garlic, and 1 teaspoon rosemary in an 8-inch square baking dish.
- ☐
- Sprinkle fish with salt and pepper; place fish in baking dish, turning to coat. Cover and chill at least 1 hour.
- ☐
- Remove fish from marinade, discarding marinade.
- ☐
- Coat food rack with cooking spray; place rack on grill over hot coals (400 to 500). Cook fish, covered with grill lid, over hot coals 4 to 5 minutes on each side.
- ☐
- Combine remaining 1 teaspoon rosemary, lemon juice, and olive oil. Spoon over fish, and serve immediately with lemon wedges, if desired.
- ☐
- Garnish with sprigs of fresh rosemary.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:18.617826047151%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 227.76kcal (11.39%), Fat: 11.14g (17.14%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.52g (0.57%), Cholesterol: 74.84mg (24.95%), Sodium: 239.78mg (10.43%), Alcohol: 3.09g (100%), Alcohol %: 2.45% (100%), Protein: 22.63g (45.26%), Vitamin D: 15.76µg (105.08%), Selenium: 65.67µg (93.81%), Vitamin B3: 8.88mg (44.38%), Vitamin B6: 0.68mg (34.23%), Vitamin B12: 1.93µg (32.13%), Phosphorus: 301.79mg (30.18%), Vitamin E: 2.81mg (18.73%), Potassium: 526.81mg (15.05%), Magnesium: 38.45mg (9.61%), Manganese: 0.14mg (6.88%), Vitamin B1: 0.1mg (6.42%), Zinc: 0.84mg (5.62%), Vitamin C: 4.3mg (5.21%), Vitamin B5: 0.45mg (4.53%), Vitamin B2: 0.07mg (4.22%), Iron: 0.68mg (3.8%), Vitamin A: 168.25IU (3.37%), Copper: 0.06mg (3.14%), Vitamin K: 2.61µg (2.48%), Calcium: 19.61mg (1.96%), Folate: 5.35µg (1.34%), Fiber: 0.28g (1.12%)