



Herb-Grilled Swordfish

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

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon basil fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 1 garlic clove minced
- 1.5 tablespoons juice of lemon fresh
- 2 tablespoons soya sauce low-sodium
- 1 tablespoon olive oil
- 3 tablespoons onion minced
- 0.3 cup orange juice

- 0.1 teaspoon pepper
- 0.1 teaspoon salt
- 0.5 teaspoon sugar
- 24 ounce swordfish steaks (1/)

Equipment

- sauce pan
- grill
- ziploc bags

Directions

- Combine first 11 ingredients in a large zip-top plastic bag.
- Add swordfish steaks; seal bag, and shake until steaks are well coated. Marinate in refrigerator 2 hours, turning bag occasionally.
- Prepare grill.
- Remove steaks from marinade, reserving marinade.
- Place marinade in a small saucepan. Bring to a boil; boil 1 minute.
- Coat grill rack with cooking spray.
- Place on grill over medium-hot coals (350 to 400).
- Place swordfish steaks on rack; grill, covered, 3 to 4 minutes on each side or until fish flakes easily when tested with a fork, basting occasionally with marinade.
- Garnish swordfish steaks with fresh basil sprigs, if desired.

Nutrition Facts



PROTEIN 47.64% **FAT 46.32%** **CARBS 6.04%**

Properties

Glycemic Index:54.35, Glycemic Load:0.99, Inflammation Score:-8, Nutrition Score:18.84391315087%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 197.82kcal (9.89%), Fat: 9.95g (15.31%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.57g (0.94%), Sugar: 1.54g (1.71%), Cholesterol: 74.84mg (24.95%), Sodium: 332.9mg (14.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.06%), Vitamin D: 15.76µg (105.08%), Selenium: 65.23µg (93.19%), Vitamin B3: 8.94mg (44.7%), Vitamin B6: 0.65mg (32.35%), Vitamin B12: 1.93µg (32.13%), Phosphorus: 303.78mg (30.38%), Vitamin E: 2.66mg (17.75%), Potassium: 535.29mg (15.29%), Vitamin C: 9.07mg (11%), Magnesium: 40.7mg (10.18%), Vitamin B1: 0.1mg (6.76%), Zinc: 0.84mg (5.58%), Vitamin B2: 0.08mg (4.96%), Vitamin A: 230.35IU (4.61%), Vitamin B5: 0.45mg (4.54%), Iron: 0.78mg (4.32%), Manganese: 0.08mg (4.06%), Copper: 0.06mg (3.19%), Vitamin K: 3.01µg (2.87%), Folate: 10.19µg (2.55%), Calcium: 16.24mg (1.62%), Fiber: 0.34g (1.38%)