



Pan-Roasted Swordfish Steaks with Mixed-Peppercorn Butter



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter room temperature ()
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon lemon zest packed grated ()
- ☐ 1 tablespoon olive oil
- ☐ 24 ounces swordfish fillets 1-inch-thick
- ☐ 0.5 teaspoon ground peppercorns mixed plus more for sprinkling

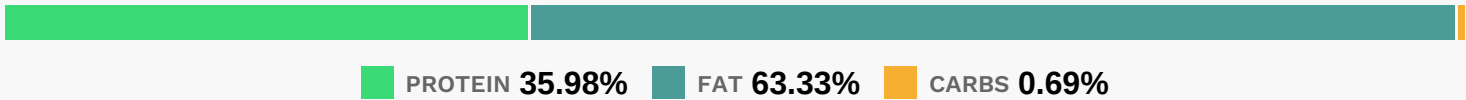
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Mash butter, parsley, garlic, 1/2 teaspoon ground mixed peppercorns, and lemon peel in small bowl. Season to taste with salt.
- ☐ Heat oil in heavy large ovenproof skillet over medium-high heat.
- ☐ Sprinkle swordfish with salt and ground mixed peppercorns.
- ☐ Add swordfish to skillet. Cook until browned, about 3 minutes. Turn swordfish over and transfer to oven. Roast until just cooked through, about 10 minutes longer.
- ☐ Transfer swordfish to plates.
- ☐ Add seasoned butter to same skillet. Cook over medium-high heat, scraping up browned bits, until melted and bubbling.
- ☐ Pour butter sauce over swordfish and serve.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:22.993043147999%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 380.24kcal (19.01%), Fat: 26.34g (40.52%), Saturated Fat: 10.51g (65.68%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.03g (0.03%), Cholesterol: 142.77mg (47.59%), Sodium: 229.35mg (9.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.67g (67.34%), Vitamin D: 23.64µg (157.62%),

Selenium: 97.91µg (139.88%), Vitamin B3: 13.22mg (66.09%), Vitamin B12: 2.92µg (48.6%), Vitamin B6: 0.94mg (46.77%), Phosphorus: 439.23mg (43.92%), Vitamin E: 4.28mg (28.51%), Potassium: 725.44mg (20.73%), Magnesium: 50.8mg (12.7%), Vitamin A: 566.08IU (11.32%), Vitamin B1: 0.13mg (8.7%), Zinc: 1.15mg (7.68%), Vitamin B5: 0.62mg (6.24%), Vitamin B2: 0.1mg (5.71%), Manganese: 0.1mg (5.07%), Vitamin K: 5µg (4.77%), Iron: 0.74mg (4.11%), Copper: 0.08mg (3.81%), Calcium: 16.14mg (1.61%), Folate: 4.05µg (1.01%)