



Peppered Swordfish Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chablis wine dry white
- ☐ 2 medium cloves garlic minced
- ☐ 0.3 cup juice of lemon
- ☐ 4 servings tangy mustard sauce
- ☐ 4 servings cracked pepper black
- ☐ 2 tablespoons soya sauce
- ☐ 4 swordfish steaks 1-inch-thick ()
- ☐ 1 tablespoon worcestershire sauce

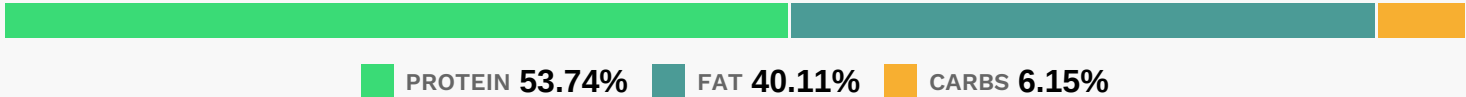
Equipment

☐ grill

Directions

- ☐ Rinse steaks thoroughly with cold water; drain and pat dry.
- ☐ Place steaks in a large shallow container.
- ☐ Combine white wine, lemon juice, soy sauce, Worcestershire sauce, and garlic; pour over steaks. Cover and marinate at least 4 hours, turning steaks twice.
- ☐ Remove steaks from marinade; discard marinade. Lightly coat one side of each steak with pepper.
- ☐ Place steaks in a wire grilling basket. Grill over medium coals 18 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Transfer steaks to a serving platter; garnish with watercress, if desired.
- ☐ Serve immediately with Tangy Mustard Sauce.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:23.736086930918%

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: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 286.96kcal (14.35%), Fat: 11.53g (17.74%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 3.97g (1.33%), Net Carbohydrates: 3.59g (1.3%), Sugar: 1.34g (1.49%), Cholesterol: 112.2mg (37.4%), Sodium: 752.62mg (32.72%),

Alcohol: 3.09g (100%), Alcohol %: 1.67% (100%), Protein: 34.76g (69.52%), Vitamin D: 23.63µg (157.53%), Selenium: 99.64µg (142.34%), Vitamin B3: 13.66mg (68.32%), Vitamin B6: 0.99mg (49.27%), Vitamin B12: 2.89µg (48.17%), Phosphorus: 462.22mg (46.22%), Potassium: 815.53mg (23.3%), Vitamin E: 3.48mg (23.2%), Magnesium: 60.31mg (15.08%), Vitamin B1: 0.15mg (10.23%), Zinc: 1.26mg (8.42%), Vitamin C: 6.94mg (8.41%), Manganese: 0.16mg (7.96%), Iron: 1.29mg (7.19%), Vitamin B2: 0.12mg (7.13%), Vitamin B5: 0.69mg (6.88%), Copper: 0.1mg (5.01%), Vitamin A: 212.5IU (4.25%), Calcium: 24.77mg (2.48%), Folate: 9.12µg (2.28%), Fiber: 0.39g (1.56%)