



## Prosciutto-wrapped Barramundi Kebabs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounces barramundi fillets cut into 12 pieces
- 2 teaspoons rosemary fresh chopped
- 2 servings garnish: lemon wedges
- 1 tablespoon olive oil extra-virgin
- 0.3 teaspoon pepper freshly ground
- 4 slices pancetta
- 6 small potatoes red
- 0.5 teaspoon salt

## Equipment

- baking sheet
- oven
- microwave
- wooden skewers

## Directions

- Microwave potatoes at HIGH 5 minutes or until tender. Cool slightly, and cut in half.
- Cut each slice of prosciutto lengthwise into 2 or 3 pieces. Wrap prosciutto around fish. Thread fish and potatoes alternately onto metal or presoaked wooden skewers.
- Combine oil and rosemary.
- Brush kebabs with oil mixture, and place on a lightly greased large baking sheet.
- Sprinkle evenly with salt and pepper.
- Bake at 400 for 8 to 10 minutes or until fish flakes with a fork.
- Garnish, if desired.
- Wine pick: Pair Australia's prime sport fish with another Down Under favorite
- Yalumba Organic Viognier (about \$1
- from South Australia. It features the typical flowery aromas of Viognier with a touch of citrus and tropical fruit.

## Nutrition Facts



## Properties

Glycemic Index:28.75, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:34.518261380818%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

## Nutrients (% of daily need)

Calories: 626.13kcal (31.31%), Fat: 15.22g (23.42%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 81.57g (27.19%), Net Carbohydrates: 72.79g (26.47%), Sugar: 6.61g (7.34%), Cholesterol: 83.7mg (27.9%), Sodium: 871.18mg (37.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.99g (83.99%), Selenium: 62.09µg (88.69%), Potassium: 3060.24mg (87.44%), Phosphorus: 680.06mg (68.01%), Vitamin B6: 1.33mg (66.41%), Vitamin C: 46.11mg (55.89%), Vitamin B3: 10.02mg (50.09%), Magnesium: 169.16mg (42.29%), Vitamin B1: 0.59mg (39.15%), Manganese: 0.78mg (39.05%), Copper: 0.74mg (37.11%), Fiber: 8.78g (35.1%), Vitamin B12: 1.63µg (27.13%), Folate: 103.97µg (25.99%), Iron: 4.52mg (25.09%), Vitamin K: 19.58µg (18.65%), Vitamin B5: 1.78mg (17.78%), Zinc: 2.64mg (17.62%), Vitamin B2: 0.28mg (16.61%), Vitamin E: 2.22mg (14.8%), Vitamin D: 1.59µg (10.63%), Calcium: 81.13mg (8.11%), Vitamin A: 114.17IU (2.28%)