



Rosemary Swordfish on Vegetable Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots diced
- ☐ 1 cup couscous uncooked
- ☐ 2 teaspoons rosemary fresh minced
- ☐ 1 garlic clove crushed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground cumin
- ☐ 3 tablespoons kalamata olives pitted chopped
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 14.3 ounce no-salt-added chicken broth canned
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 36 ounce swordfish steaks
- ☐ 0.5 cup zucchini diced

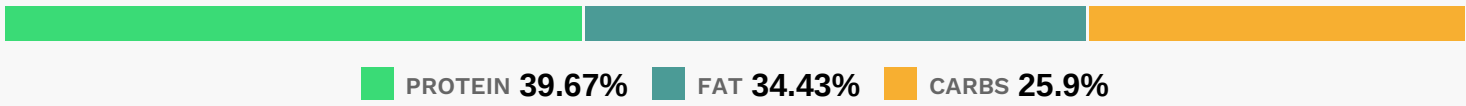
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine first 3 ingredients, and stir well. Rub swordfish steaks with oil mixture, and set aside.
- ☐ Combine carrot and next 8 ingredients (carrot through broth) in a medium saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until vegetables are tender. Stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Sprinkle both sides of swordfish steaks with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add swordfish steaks; cook 4 minutes on each side or until done.
- ☐ Serve over couscous mixture.

Nutrition Facts



Properties

Glycemic Index:33.14, Glycemic Load:14, Inflammation Score:-9, Nutrition Score:27.6665219535%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg,

Naringenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 399.82kcal (19.99%), Fat: 14.98g (23.04%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 23.27g (8.46%), Sugar: 1.01g (1.12%), Cholesterol: 112.26mg (37.42%), Sodium: 280.52mg (12.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.83g (77.67%), Vitamin D: 23.64µg (157.62%), Selenium: 97.8µg (139.71%), Vitamin B3: 15.31mg (76.55%), Phosphorus: 513.34mg (51.33%), Vitamin B6: 1mg (50.24%), Vitamin B12: 2.96µg (49.32%), Vitamin A: 2027.44IU (40.55%), Vitamin E: 4.03mg (26.84%), Potassium: 892.35mg (25.5%), Magnesium: 67.76mg (16.94%), Manganese: 0.31mg (15.74%), Vitamin B1: 0.19mg (12.73%), Vitamin B5: 1.02mg (10.16%), Zinc: 1.51mg (10.08%), Copper: 0.19mg (9.62%), Vitamin B2: 0.15mg (8.9%), Fiber: 2.09g (8.35%), Iron: 1.39mg (7.74%), Vitamin C: 4.6mg (5.58%), Folate: 14.88µg (3.72%), Vitamin K: 3.6µg (3.43%), Calcium: 30.08mg (3.01%)