



## Spicy Mustard Swordfish and Artichoke Kabobs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon capers rinsed chopped
- ☐ 6 tablespoon dijon mustard
- ☐ 1 clove garlic minced peeled
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon red-pepper flakes or crushed to taste
- ☐ 4 servings salt and pepper to taste

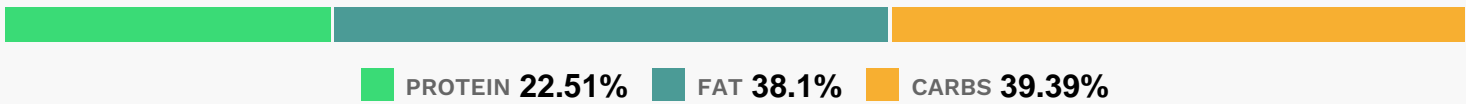
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

## Directions

- ☐ Whisk together mustard, lemon juice, capers, anchovies, garlic and 6 tablespoons of olive oil in a large bowl.
- ☐ Add the swordfish chunks, and the artichoke hearts to the bowl, tossing to coat them with the marinade.
- ☐ Let the swordfish and artichokes marinate at least 4 hours, but overnight is better. Divide the fish and artichokes evenly between 8 skewers. Alternate between artichoke and fish as you thread everything onto the skewers. Do not pack together on the sticks them to tightly. They should touch but not be crammed up next to their neighbors. Carefully brush some of the remaining olive oil onto each skewer. Season with salt and pepper. Then arrange the skewers on the grill. You want to use indirect heat, so arrange your coals appropriately. Cook the kabobs, rotating them some as you go. Continue to brush the surface with the remaining olive oil as you turn each skewer to help prevent sticking. Swordfish should be charred some on the outside and just barely cooked all the way through. About 7 minutes depending on the heat of your grill. Donâ€™t forget the fish will continue to cook once it leaves the grill, so do not overcook. The artichokes should also have some nice charred marks. Bring them to the table hot. You can serve these with a variety of condiments such as: lemon slices, chopped herbs, good black pepper, cucumber and onion relish, garlic aioli, or just a drizzle of very good olive oil. Grilled bread and a variety of salads will round this party out!

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:2.1821738870248%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 16.83kcal (0.84%), Fat: 0.83g (1.27%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 500.93mg (21.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Selenium: 7.84µg (11.19%), Manganese: 0.11mg (5.66%), Fiber: 1.15g (4.58%), Magnesium: 12.25mg (3.06%), Vitamin B1: 0.05mg (3.06%), Phosphorus: 26.7mg (2.67%), Iron: 0.45mg (2.51%), Vitamin C: 1.86mg (2.26%), Vitamin A: 93.15IU (1.86%), Calcium: 17.5mg (1.75%), Vitamin B6: 0.03mg (1.61%), Copper: 0.03mg (1.48%), Potassium: 46.33mg (1.32%), Vitamin E: 0.2mg (1.32%), Vitamin B2: 0.02mg (1.26%), Zinc: 0.17mg (1.15%), Vitamin K: 1.11µg (1.05%)